

Disability Now

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DN's first 40 page issue has another bumper competition, see p. 25

Greenwich consults disabled people

A pioneering project in the London Borough of Greenwich will give disabled people more say in services.

Under Bexley and Greenwich Health Commissioning Agency's "empowerment project", people who need services like district nurses, physiotherapists, artificial limbs or wheelchairs will help draw up the service contracts.

Quality development officer Eirwen Williams said: "This is a ground-breaking initiative. We want service users to tell us what they want and what is important to them."

Greenwich Healthcare Trust and Greenwich Association of Disabled People (GAD) support the project. GAD director Linda Lofts said: "We believe this initiative can make a huge difference to disabled people's lives. Resources will be limited, but how they are spent will be decided mainly by service users."



Life on the ocean wave for Dave Bennett (left), of the Spastics Society in Plymouth, Heidi Smith from Lipson Vale Community College and Lisa Orpin from Hillside Special School. They were taking part in the British Gas Sowester Sailing Project on board Sea Legs, a 32-ft catamaran. With them: skipper Jim Wainwright, and Allan Smith, both of the Fieldfare Trust.

Fears for residential services

Charities and groups representing elderly people have condemned Government plans to consider deregulating private residential and nursing homes as a "cynical, cost-cutting exercise" which could lead to a dangerous decline in safety standards.

Stuart Etherington, chief executive of the Royal National Institute for Deaf People, has written to Health Secretary Virginia Bottomley, protesting about the plan and demanding a Government rethink.

The Department of Health sent a letter in August to residential home associations inviting comment on the costs and benefits of current regulations. It asked owners if they thought

the regulations were excessive, how "unnecessary burdens of regulation" might be removed and if the cost of implementing them could be reduced.

Health Minister John Bowis defended the move, saying it was part of a Government bid to improve standards by cutting "excessive" red tape that was "throttling" business.

But Counsel and Care, an advisory organisation for elderly people and their carers, called the plans "outrageous".

Director Jef Smith said: "As we all know how vulnerable elderly people are to abuse, it is hard to understand why the Government is now questioning these regulations."

Under the 1984 Registered Homes Act, local authorities

must register residential homes and inspect them twice a year, while health authorities must inspect nursing homes. Inspectors check that homes meet fire, safety and environmental health regulations and provide good quality care.

James Churchill, executive secretary of the Association for Residential Care, a charity which represents residents with learning difficulties, warned that any dismantling of regulations would open the door to "get rich quick merchants". He said: "There would be pressure to cut corners and standards if regulation and inspection were removed."

Philip Hunt, director of the National Association of Health Authorities and Trusts, agreed.

Continued on page 3

No money for special assessments

Delays and mistakes in the assessment of children with special needs have reached record levels, as councils strive to save money.

The Local Government Ombudsman has reported on 21 cases of maladministration between April and September, compared with 26 cases in the last nine years. Complaints about statementing to the Cerebral Palsy Helpline have doubled in the last two months.

Debbie Thomas, a counsellor at the Helpline, said: "We are

getting a lot of horror stories about the length of time it is taking councils to assess children and the number seems to be rising all the time."

One parent will receive £500 from Sefton Council for maladministration and delay in providing special residential schooling for her speech-impaired child.

The biggest payout recommended so far is £12,500 in trust to a boy with behavioural and learning difficulties because of delays by Lincolnshire

County Council in providing him with appropriate education. The Ombudsman said the council had been tailoring help to what it could afford rather than to the needs of the child.

In other cases, local authorities have been told to repay families for tuition and help bought in while their children's cases were being considered.

Special education experts believe Government funding cuts have caused the problems.

John Wright of the Independent

Continued on page 10

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Parents learn to sign

Hearing parents are more prone to sign language than they were 20 years ago, according to a new study from the Open University.

But many still worry about the consequences of their children having no other language.

Forty per cent of over 100 parents questioned had learnt to sign, a quarter of them so that they could communicate with their children's friends.

Presenting her study at the

British Psychological Society's annual conference last month, Dr Sue Gregory said that deaf children often have more difficulties with their hearing parents than other teenagers because adolescent problems are exaggerated by the communication difficulty.

Stress can occur in the family when mothers learn to sign and other family members do not.

Dr Gregory, tel: (0908) 654470



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Champions in the making (from left) Robert Walton from Birmingham, James Bradford from Worcester and Bromsgrove, and Christopher Knight from Coventry, taking part in the 21st birthday edition of the BBC1 programme *We Are The Champions*.

Teams from three West Midlands schools competed in tests of skill, and games on the track and in water at the Midlands Sports Centre for the Disabled in Coventry.

The show, which went out on 9 September, was hosted by Linford Christie. Paralympic gold medalist David Moreton was guest referee and London Marathon women's wheelchair winner Rose Hill was there too.

Disability Now

Published by
The Spastics Society,
12 Park Crescent
London W1N 4EQ.
Tel: 071-636 5020.

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London SE16 2XU.
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Typesetting bureau

Banbury Typesetters,
Suite 10, Borough House,
Marlborough Road,
Banbury, Oxon OX16 8TH.
Tel: (0295) 272722.

Printed by Cherwell
Valley Lithographic
Printers, Banbury, Oxon
and Challenge Print
Management.
Tel: (0933) 460041.
ISSN 0958-4676

The views expressed in *Disability Now* are not necessarily those of The Spastics Society.
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Grim funding cuts

Voluntary groups lost £12 million in local authority grants in 1992-3, according to a new survey by the National Council of Voluntary Organisations (NCVO).

Another £28.9 million is expected to be lost in 1993-4.

But the survey of 145 local authorities did reveal that voluntary groups on contract to local authorities to provide statutory personal social services have done better.

Contract fees increased by £78.4 million or 134 per cent in 1992-3 and will rise by £38.4 million or ten per cent in this financial year. Even so, many community care providers believe the fees are not enough to cover all their costs.

NCVO's policy officer John Mabbott said: "The report is bad news because grant funding is crucial for local voluntary organisations and community groups that provide advice, self-help and other initiatives."

Local Authority Funding for Voluntary Organisations, £5, NCVO, tel: 071-713 6161.

'Just Say No' campaign

Eighty-two *DN* readers, plus 1,100 members of the Scunthorpe and District Disabled Access group, joined the protest against taxing Invalidity Benefit or tightening the rules. Your letters were handed into the Social Security Department on 8 September by Peter McDonald, disability activist and *DN* supporter.

Residential services

Continued from page 1

"Relatives depend on inspections. It is one thing to simplify regulations but you will still need inspections to ensure standards are kept up to scratch."

The Royal College of Nursing's general secretary Christine Hancock warned that deregulation could become a cynical, cost-cutting exercise and result in a "free for all" in care standards, while Age Concern said it was "alarmed" that the Government would put costs before protection.

Labour's Shadow Health Minister David Blunkett went further. He warned that deregulation would be a "disaster" and said homes could be reduced to "firetraps and centres of food poisoning".

But Barry Hassell, chief executive of the Independent Healthcare Association, thought "it is timely that an open and informed debate should commence on how best to provide high-quality services at affordable, value-for-money prices."

Mr Bowis denied that standards would fall. "We are only seeking views to see if we can simplify things."



Fun in the sun: over a million people crowded the streets of London's Notting Hill for the annual carnival on Bank Holiday weekend, wheelchair users included.

PAT MAGNOLO

Disabled people face higher water bills

Water meters could leave thousands of disabled people worse off, the biggest national trial of metering revealed last month.

The three-year trial, covering 60,000 homes in 12 areas, found that meters cut the bills of most households.

But they could leave poorer families and "people with certain health problems, which require above average toilet use, bathing and laundry" worse off financially.

The national trial, sponsored by the water industry and its regulator Ofwat, aimed to provide data on the costs of

installing meters and their effects on consumption and bills. It was started after the 1989 Water Act ordered water companies to scrap the current charging method, based on the old household rate, by the year 2000.

Environment Minister Tim Yeo said the report showed there was a "very powerful case" for meters, especially in drier areas such as the South-East.

But a spokesperson for the National Consumer Council, said: "We are worried about the effects of meters on the pockets of poor households, kidney

patients who use large amounts of water in home dialysis, and people who are incontinent."

Chris Smith, Labour's Environmental Spokesperson, is concerned that metering does not take account of some people's need for water, and he singled out disabled people and people with big families.

"You shouldn't hit them with high water bills because of their need," he told BBC Radio 4's *Today* programme.

Water Metered Trials Final Report, WSA Publications, St Peter's House, Hartshead, Sheffield S1 1EU, £20.

1.5 million mistakes at Government agencies

The Benefits and Employment Service Agencies made more than 1.5 million mistakes in calculating pensions and benefits last year.

An error is made every four seconds of the working day - 1,674,334 in 1992/3.

The figure came to light in a written reply last month to a question from Frank Field, chairman of the House of Commons' Social Security Select Committee. It showed that benefit paid to more than 100,000 newly disabled people was wrong. Nearly 10,000 newly retired people got the wrong pension.

The accuracy rate for deciding Attendance Allowance claims for severely disabled people was 99.3 per cent in 1988/89 with 2,300 given the wrong amount. But in 1992/3 accuracy had slipped to 92 per cent and incorrect payments had risen to 73,000.

Complex, means-tested benefits were the least accurate. About 250,000 new claims for Income Support were paid wrongly.

Lorna Reith, director of Disability Alliance, said: "We are very disappointed that standards seemed to have slipped, given that disabled people rely on means-tested benefits. It illustrates the need for better training for Benefits Agency staff."

A Benefits Agency spokesperson said: "We are taking a number of measures to improve the situation."

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Nicholas Killen, 7, presented John Major with a replica of the statue on which the new RNIB logo is based.

DOUG MCKENZIE

New start for RNIB

The Royal National Institute for the Blind (RNIB) is celebrating its 125th birthday with a new strategy to challenge blindness, and a logo which "has character, is mobile and is purposeful and energetic." (see right).

Prime Minister John Major launched the new RNIB in London on 16 September. Minister for Disabled People Nicholas Scott was there too.

Director general Ian Bruce said the RNIB was setting a new agenda that would take it into the next century. "It's an agenda which is not about disabilities, but equality - not about telling blind people what they can have, but blind people

deciding what they need. We also have a mission: to challenge blindness."

The new "See it Right" cam-



aign aims to give 1.7 million visually impaired people the right to get information in a format that is accessible to them.

See it Right report, £3.50, RNIB Customer Services, PO Box 173, Peterborough PE2 6WS.

Blind man fights 'unjust' jury ban

A blind man who was disqualified from being a juror because of his visual impairment has protested to the Lord Chancellor's Department

Jim Bennett, 57, from Merseyside, arrived at Liverpool Crown Court last month only to be told his disability disqualifies him.

Mr Bennett said: "I am very angry. It's an absolute injustice. I can hear evidence as well as the next man. I think blind people make better jurors than sighted people because they don't get distracted and have to concentrate harder on what is being said."

He is being backed by the Royal National Institute for the

Blind (RNIB), the National Federation for the Blind (NFB) and Britain's first blind judge, John Wall.

Judge Wall, who sits in the High Court and is chairman of the RNIB, said: "I see no reason why blind people can't do just as good a job as anyone else in most cases. Unless there are photographs or machinery to be studied, there's no reason why they shouldn't be. We must make it harder for courts to turn down jurors just because they are blind."

NFB president Jill Allen-King said: "This is another example of blind people being discriminated against for no good reason."

New paper for job seekers

The first edition of a free, quarterly, newsheet aimed at disabled people looking for work has been published by the Department of Social Security.

New Start, inserted with this month's *DN*, gives practical help and advice, including tips on job applications and information on Disability Working Allowance (DWA).

It says that DWA claims are being dealt with "normally within two weeks".

New Start will be mailed to 8,000 people who have responded to the Government's DWA campaign, plus disability organisations and advisers.

Free from Disability Working Allowance, FREEPOST, (BS4 335), Bristol BS1 3YX. For tape version, tel: (0800) 100123.

Speaking out

Help the Aged has launched a Speaking Up For Our Age Campaign, which asks older people what they need to keep mobile.

Older people all over the country are being sent questionnaires. They are being asked such things as whether transport services are good enough, should they be subsidised for pensioners and could trains, tubes and buses be better designed.

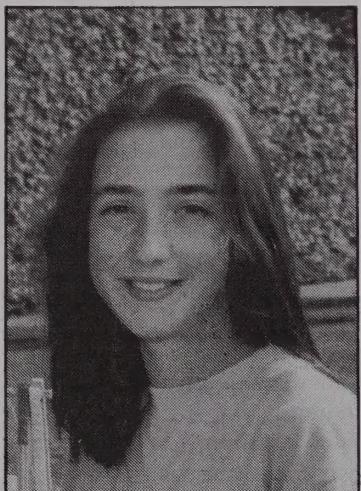
Lucy's winning swing

A 16-year-old schoolgirl has won the Young Engineer for Britain award after inventing a swing exercise for disabled children.

Lucy Porter, from Bath, won a £500 personal prize from the competition's organisers, the Engineering Council, and her school was given £1,500 to buy engineering equipment.

Her device uses a handle to enable children to swing without using their legs.

"Engineering is very addictive," she said. "Especially if making something solves a problem and helps others."



Inventor: Lucy Porter

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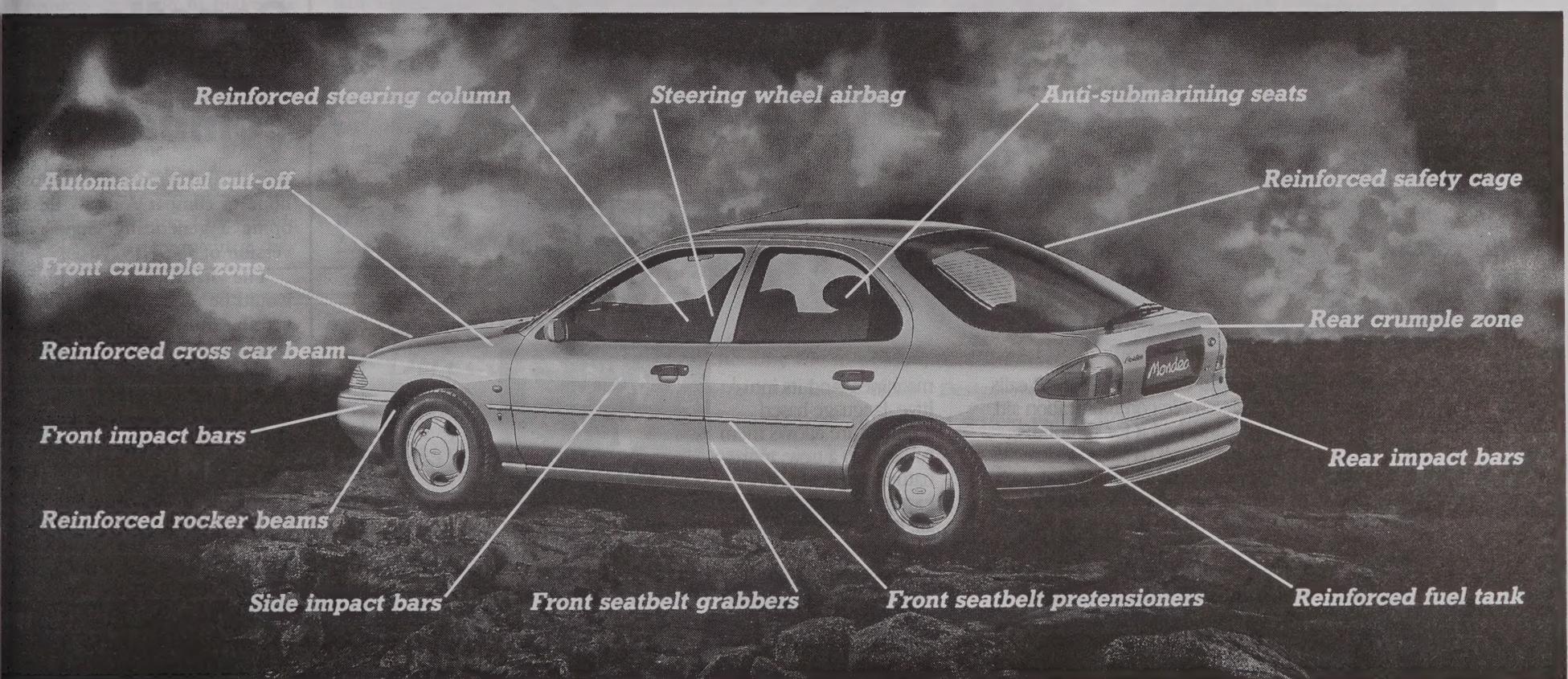
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6 BREAKTHROUGHS

Alzheimer's gene found

Important advances have been made by scientists researching into Alzheimer's disease, a condition which affects around 350,000 people in Britain.

Researchers at Duke University in North Carolina, USA, have announced that the gene APoE4 is responsible for two thirds of "late onset" Alzheimer's, a form of senile

dementia which affects people over 65.

The team studied 42 families with a history of "late onset" Alzheimer's. They discovered that 90 per cent of those people who inherited two copies of the gene were affected, while 47 per cent of those with one copy had the condition.

Meanwhile, researchers at the USA's National Institute of Health have devised the first diagnostic test for people with Alzheimer's. It checks the condition of potassium channels

used by the body to store and retrieve information. The test was developed after scientists discovered that the channels of people with Alzheimer's are missing or malfunctioning.

Although the test can only identify the condition once it is established, it is hoped that another test will eventually be developed that identifies people at risk.

A spokesperson for the Alzheimer's Disease Society said: "These developments are potentially very significant for

our members. But more large scale studies are now needed to replicate the findings."

Smear test gives early warning

British scientists are developing an early test for Down's Syndrome which they believe is quicker, safer and easier than other screening procedures.

The new technique is similar to a cervical smear. Foetal cells are washed from the cervix with a sterile saline solution. The fluid is then drawn into a syringe and the cells isolated so that doctors can search the nuclei for signs of the condition.

Dr Peter Soothill, consultant in foetal medicine at University College Hospital, London, said the test means mothers could be told if they have a foetus with the condition before the 12th week of pregnancy.

He has successfully tested the method on 12 women and now plans to ask pregnant mothers, due to be screened using other procedures, if they will take the new test first.

He said: "We think that the new method is probably safer, easier, and quicker than other techniques. It is also less invasive, as we do not need to go into the uterus. I would like every woman to be offered this test when she attends the hospital for the first time."

Anna Khan, director of the Down's Syndrome Association, said: "Doctors and researchers are placing too much emphasis on screening out these babies. Mothers should not have an abortion just because their baby has Down's Syndrome, as people with the condition can lead full and normal lives."

Genetic vaccine to combat HIV

British and American scientists hope to combat Aids by developing a genetically engineered version of the HIV virus.

The harmless HIV replica would be used to pass a genetic vaccine into T-cells, an important part of the body's immune system that are taken over and destroyed by the HIV virus.

The vaccine would be made of "therapeutic genes" designed to immunise the cells by depriving the invading virus of the protein it needs to survive. The vaccine would lie inactive in each cell until it was attacked by the virus.

The work is being carried out by teams of scientists at Oxford University and the University of California in San Diego, USA. They began assembling the replica virus last year.

Dr Susan Kingsman, a leading researcher at Oxford University, said: "We are making good progress and hope a replica of the HIV virus will be ready to test by next year. It is impossible to say, however, how long it will take before the technique is perfected."

A spokesperson for the Terence Higgins Trust said: "We welcome any advance that may lead to a new treatment but that's still a long way off. It will take many years before doctors can vaccinate people for the virus."

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Vickie Whitfield, is just as pleasantly surprised as her daughter. "We were coming from another system where you had to remember everything in it," says Vickie. "Some of the logic was baffling to me. After 7 years, I still didn't trust myself to program it. And she hated it. It was like a punishment."

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"I assumed it would be hard to learn," says Vickie, "but I let her play with it for a day, and Courtney taught me how to use it."

And the secondary benefits can be immeasurable.

"This machine has totally changed her life," says Vickie. "It's made her independent. It's the next best thing to having Courtney speak for herself."

And Courtney agrees. "DynaVox best," she says. "Love most!"

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TUC fight for deaf workers' rights

The Trades Union Congress (TUC) is calling on members to negotiate a better deal for deaf people at work.

It has joined forces with the Royal National Institute for Deaf People (RNID) to produce a booklet for unions, *Deaf People and Their Rights*, which offers practical advice on what can be done to help deaf people.

The booklet encourages unions to:

- * seek the inclusion of deaf workers' needs in equal opportunities agreements;
- * negotiate for adequate communication aids, such as sign language interpreters and loop amplification systems;
- * and ensure union publications, meetings and offices are accessible to deaf members.

TUC president Alan Tuffin said: "Deaf people are often excluded from job and training opportunities because they are not given adequate communication facilities.

"We have produced the booklet because we feel trade

unions must play their part in creating job opportunities for deaf people and ensure equality in the workplace."

RNID president Lord Jack Ashley said: "It is scandalous that over 50 per cent of all deaf people of working age are unemployed. The TUC's action will go a long way towards changing this."

Bernadette Hilton, chairperson of the TUC's equal rights committee, condemned Government policies which discriminate against disabled people at the TUC annual congress last month.

She warned that the introduction of market testing, compulsory tendering and privatisation were having a "devastating and disproportionate impact" on disabled workers and said 100,000 jobs could be created for disabled people if the quota system was fully implemented and fines levied against offending firms.

Deaf People and Their Rights, 60p, TUC, tel: 071-636 4030.

Great goods if you can find them

Products designed to make life easier for elderly and disabled people work well. The trouble is many customers do not know they exist, according to a report in the September edition of *Which?* magazine.

Volunteers who tried out equipment like tap turners and zip pullers all agreed they made life easier, but complained they

had never heard of the products.

"Our volunteers said the products really helped them," said *Which?* editor, Sue Leggate. "But before they took part in the tests few of them knew these things existed."

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On your bike: Kevin Cherry, 8, from Middlesex, is presented with a custom-made tricycle by Recreation and Easy Access for Disabled Youth (READY), a charity which helps young people take part in activities with able-bodied friends.

Artists to celebrate historic day

Disabled artists are being asked to paint a picture, make a sculpture or create any other work of art to celebrate The International Day of Disabled Persons on 3 December.

The European Community Committee of Disabled People's International (DPI-EC), part of a global network of self-

help organisations, will give a first prize of £15,000 for "a work of art that will be a permanent and tangible reflection of human rights of disabled people."

Entry forms from DPI-EC, 11 Belgrave Road, London SW1V 1RB.

No time to lose

An investigation by Age Concern shows that the Government's new community care system has got off to a "a very uneven start".

The charity believes that action must be taken now if early problems are not to become entrenched.

The investigation is part of a year-long monitoring process carried out by Age Concern organisations.

The report shows:

- * wide variations in the quality and availability of information from local authorities;
- * lack of appropriate information for elderly people from ethnic minorities;
- * wrong information given to older people about the new financial assessments for residential and nursing home care;
- * discrepancies between the price of local residential and nursing home care and the money local authorities are prepared to pay;
- * and local variations in rules about who is eligible for community care assessments.

Director Sally Greengross said: "It is still early days for the community care system, but we are keen that the views of older people are not overlooked at this crucial stage."

No Time to Lose, Age Concern, Astral House, 1268 London Road, London SW1 4ER, no price yet.

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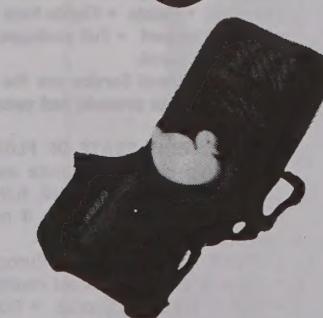
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National teaching campaign launched

Disabled people who want to become teachers can now get advice and information from a new booklet.

So You Want to be a Teacher? has been published as part of a national campaign that aims to improve disabled people's access to teacher training.

The campaign, co-ordinated by the Royal Association for Disability and Rehabilitation (RADAR), has the backing of five leading disability groups, including Skill: National Bureau for Students with Disabilities and the Royal National Institute for the Blind.

The booklet, published by RADAR and the Disabled Teachers' Campaign Group, is aimed at disabled people considering a teaching career.

It offers advice and information on choosing a course, how to get funding and support, useful publications and helpful

organisations and how to deal with medical regulations that have to be met before a person can get into teacher training.

A series of fact sheets are also available which aim to help school governors, teacher training establishments and local education authorities retain and attract disabled teachers.

RADAR's education policy officer, Paul Simpson, said: "In 1978 the Government-sponsored Warnock Report said more disabled teachers were needed in schools to ensure special needs children were successfully integrated.

"Unfortunately, this has not happened. Our own research has shown that disabled teachers still only make up 0.1 per cent of all teachers employed in LEAs. This is just not good enough and we hope our campaign will help to improve the situation."

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All change here: deaf businesswoman Sarah Brooks is looking for a larger workshop after beating the recession. She set up her London upholstery firm, All Change Upholstery, a year ago with the help of a £1,500 bursary from the Prince of Wales' Youth Business Trust and funding from the North London Training and Enterprise Council.

Fighting elder abuse

A new organisation set up to fight elder abuse, headed by ex-Disabled Living Foundation clothing adviser Ginny Jenkins, was launched by Health Minister John Bowis last month.

Action on Elder Abuse (AEA) aims to prevent abuse of older people by promoting changes in policy and practice. It plans to raise people's awareness through education, research, and providing information, guidance and advice.

AEA chairman, Dr Gerry Bennett, called on health authorities and social services departments to work together to develop joint strategies.

He said: "There has been a tendency to ignore elder abuse because it is a taboo subject for many people. It must be recognised as an important problem and be adequately tackled."

AEA, Astral House, 1268 London Road, London, SW16 4ER, tel: 081-679 2648.

Babies 'twice as likely' to die

Premature babies in neonatal intensive-care units in district hospitals are twice as likely to die as those in teaching hospitals, a new study has revealed.

The International Neonatal Network research group looked at 1,548 babies born five weeks or more premature and weighing

1.5kg or less in nine teaching hospital and four district units.

Dr William Tarnow-Mordi, of Ninewells hospital, Dundee, who carried out the research, said: "We will now carry out a bigger study involving 200 units throughout the country."

Bursary offer

The South East Arts board will award two or more bursaries to help artists, technicians or administrators with disabilities living in Kent, Surrey, East Sussex and West Sussex.

Each of the bursaries, worth up to £1,000, is designed to help disabled people develop their skills and take up training opportunities at home and abroad.

The board, which was set up by the Arts Council in 1991 to provide financial support, advice and information on the arts to people in the South East, plans to offer at least two more bursaries next year.

Application forms from Charmian Stowell, South East Arts, 10 Mount Ephraim, Tunbridge Wells, Kent TN4 8AS, tel: (0892) 515210. Closing date: 30 October.

A UNIQUE SERVICE!



The DN telephone counsellor, Lin Berwick, is a psycho-therapeutic counsellor, fully accredited Methodist local preacher, and qualified homeopath.

Disabled herself, she can give other disabled people and their carers advice and support on personal and spiritual problems.

Talk to her on Monday afternoons, 1pm-5pm and Thursdays 6pm-10pm. Her telephone number is (0708) 477582. DN's helpline is sponsored by The Wellcome Foundation Limited.

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Six month wait for scooter space

A disabled Halifax pensioner spent six months virtually trapped in a sheltered housing scheme designed for disabled people because there was not enough room for her to keep a scooter.

Alice Moroney, 66, began her battle with the Yorkshire Metropolitan Housing Association (YMHA) six months after moving into Asquith Court in Halifax last September.

She decided to buy a scooter because a broken hip meant she found it difficult to walk more than a few steps. YMHA, however, objected, telling her there was not enough room to store the equipment.

Mrs Moroney was left waiting from April until September when the association finally found a safe place for the scooter after months of wrangling.

She said: "I asked if I could keep it in the foyer or a corridor. But I was told that it would be a fire hazard. I was angry because I had to depend on others for lifts or take taxis to get around."

Russian appeal launched

Russian charity workers are asking for help in setting up a rehabilitation centre for children affected by the Chernobyl nuclear disaster.

The centre is needed because many children have no access to rehabilitation services and there is no money to send them abroad for treatment.

"It's been driving me mad as all I wanted to do was be able to go out on my own, get some fresh air and do my own shopping."

Mrs Moroney wrote to local counsellors and Halifax MP Alice Mohan who supported her and urged the YMHA to find a solution to the problem as quickly as possible.

"This was a fight I felt I had to win," said Mrs Moroney. "There should be space for all kinds of equipment in housing schemes like Asquith Court. They are meant to be designed for disabled people after all."

YMHA chief executive Bill Payne said a fire officer had caused the delay by insisting that the scooter would be a fire hazard if it was kept in the corridor or foyer.

"But we have now found a safe place where it can be stored and recharged," he said.

"We realise it has been very frustrating for Mrs Moroney, but we hope she understands that we had to put a considerable amount of effort into finding the correct solution."



Assessing his chances: David McManus (centre), from Cardiff, was one of the first people to take a new assessment course for Welsh visually impaired people without a job. The course, which gives information, guidance and advice, is organised by the Wales Ability Development Centre (WADC) and run in partnership with the Partially Sighted Society and the Royal National Institute for the Blind. WADC, tel: (0222) 664636.

Climbing into history

Six British mountaineers with learning difficulties are setting out this month to make history and conquer one of Everest's most daunting peaks.

They plan to scale the 6,173m high Island Peak. It would be the highest ascent ever made by people with learning difficulties.

The expedition is supported

by the MacIntyre charity and led by explorer Robert Swan, the first person to have walked to both poles.

Top mountaineer Chris Bonington has helped the team prepare for the climb and some of them have also had media skills training to enable them to write their own record of the expedition.

New funding to help deaf students

Nottingham Trent University has been awarded a £78,000 grant to investigate ways of helping deaf students succeed in higher education.

The money provided by the Higher Education Funding Council will be invested in a year-long research project into the best ways of encouraging more deaf and hearing impaired students to apply for university places.

The project will look at how universities currently provide communication support and recommend a series of improvements.

A specialist researcher will ask the views of deaf and hearing impaired students at various universities and the results of the survey will be included in a report on good practice published next year.

Brian Robins, head of academic support services at Nottingham Trent, said: "This research is badly needed because there is growing concern about the low proportion of deaf students entering university in the UK, the lack of adequate support for them and the shortage of qualified interpreters working in higher education.

"We hope the research project will play an important part in charting the best way forward for universities and provide a model of good practice."

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Benefit report to 'justify' clampdown

Doctors consider factors other than a patient's medical condition when deciding whether to endorse Invalidity Benefit (IVB) claims, according to a study commissioned by the Department of Social Security.

GPs interviewed said they also took into account a person's job prospects, age, motivation to work and financial circumstances. It said some are unwilling to stop payments if there is no real prospect of their patient finding work.

Although the research was carried out by an independent group called Social and Community Planning Research, disability groups fear the report

will be used to justify the Government's proposed clampdown on IVB.

Sally Robertson of Disability Alliance said: "Ministers seem determined to use anything to justify their actions. We would, however, back the doctors quoted in the report. They are right to take other relevant factors into account."

A spokesperson for the British Medical Association said: "We fear it will wreck doctor-patient relationships if we are made the final arbiter as to whether someone gets IVB."

GPs and IVB, £12, HMSO, tel: 071-873 0011.

Travel service launched

The John Grooms Association for Disabled People has launched a new travel service for disabled people, their families and friends.

Freeway Holidays provide accessible travel and accommo-

dation at a wide range of holiday destinations, including Euro Disneyland and Legoland Park in Denmark.

Freeway Holidays, tel: 081-800 8695.

No money for assessment

Continued from page 1

dent Panel for Special Education Advice said: "These cases are just the tip of the iceberg. There are many other people in the same boat because of the financial problems facing local authorities."

Baroness Warnock, whose 1978 report led to the 1981 Education Act and the present system, said: "Local authorities are in absolute despair. They

don't know what to do because they have no money."

Alan Yeo, the Spastics Society's education officer, agreed. "Government funding cuts have meant local authorities are trying to avoid appropriately assessing children's needs in case it costs them too much money. There is also a greater awareness among parents of their rights and it is good that so many are going to the Ombudsman to fight for them."

The situation is likely to get



Put to the test: Jean Ward of Barnet's Access Group and her son Jonathon were impressed with the new ramps and lightweight doors installed at Edgware Library in August. Two parking spaces for disabled people are also provided.

worse as the number of children with special needs going to mainstream schools increases. A Department of Education estimate leaked last month to Wallend's Labour MP Stephen Byers anticipates a leap from 71,000 now to 113,400 by September 1997.

Mr Byers has asked Education Secretary John Patten to ensure that the needs of statemented children are not sacrificed to the Treasury's public spending review.

He said: "Schools must be provided with additional resources. It is vital that the Government recognises the financial demands made by this growing number of children."

The Department of Education said the new education act would lead to a code of practice giving practical guidance on effective procedures. It also plans to introduce independent appeal tribunals to help parents fighting for formal statements of their children's needs.

IN BRIEF

Child friendly

Leicester City Council has launched a scheme to make the city the most "child friendly" in Britain.

The Council will make awards to shops, restaurants and public buildings that have easy access for children with disabilities.

Leicester City Council, tel: (0533) 549922.

New post announced

The Irish charity Disability Action (DA) has appointed Monica Wilson as its new chief executive.

Ms Wilson carried out development work for the International Year of Disabled People and worked on Northern Ireland's first information service for disabled people before becoming an assistant director with DA in 1989.

Ms Wilson said: "I'm delighted at the appointment and see my main job as challenging the discrimination faced by disabled people in everyday life."

Record sales

A firm which makes knitwear, print and design products and employs 8,500 disabled people has announced record sales.

Remploy Limited achieved sales of £124.7 in 1992/3 - nearly four per cent up on last year.

The firm has now increased its sales each year through the recession and placed 400 disabled employees in managerial and supervisory posts.

Travellers' tape

A taped version of the Travellers' Charter has been produced by HM Customs and Excise for visually impaired people.

The tape contains information on Customs laws and procedures, as well as changes brought about by the European Single Market.

Free, Master Transcriptions, PO Box 124, Tunbridge Wells, Kent TN4 8YL.

Minicom launch

The ChildLine charity, which helps abused children, has launched a new minicom service.

ChildLine Minicom will enable children with hearing impairments to get through to a counsellor who can advise, comfort and protect them.

ChildLine Minicom, tel: (0800) 400 222.

Corrections

From DN, September. Largs is in Strathclyde and not Aberdeenshire. The correct telephone number for Relaxa Tapes is (0242) 251454.

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YHW Services is a national company totally dedicated to offering a wide range of mobility solutions to people with walking difficulties.

An expert team of mobility consultants and technicians, with over 25 years experience, take great pride in providing a better quality of life for people who had previously been totally reliant on friends and relatives for travelling arrangements.

Whilst the company's headquarters and main factory showrooms are situated in Doncaster, South Yorkshire, total U.K. coverage is provided by a nationwide network of YHW Mobility Consultants. Each consultant is specifically trained to offer the most practical and helpful advice through an in-depth product knowledge and the

coverage is provided by a nationwide network of YHW Mobility Consultants. Each consultant is specifically trained to offer the most practical and helpful advice through an in-depth product knowledge and the ability to interpret the individual needs of people with walking difficulties. As one of the largest mobility specialists in the U.K., YHW Services offers an extensive range of mobility options to suit all requirements and budgets, and most of the vehicles are available on finance through the Motability Scheme. Infact, in many cases, a small deposit is all that is required to ensure mobility in the shortest possible time. Products range from powered chairs and lightweights to the very latest electrically powered scooters and micro cars.

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Meyra have recently introduced their GENIUS, a machine that really lives up to its name. This power chair is a totally new concept and its development, including the computerised control system, has given the mobility market a completely different vehicle never previously available. It is impossible to describe the GENIUS in a few words, therefore a free home demonstration is definitely recommended. The POWER PRIMUS is a versatile all-round powered chair, complete with computerised controls and a very high degree of portability for those day trips out in the car, coach or train. It is based on the well proven format of separately driven rear wheels, sealed boxed batteries and folding frame.

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DN's motoring correspondent David Griffiths is just back from Russia's Rally Nadezhda ("Rally of Hope"). Disabled Russians may not have two kopeks to rub together, he reports, but their spirit drives them on

Rallying in Russia ...

Minsk was damp and cold - horribly cold. The sheets stuck to my arm as I turned over, pulling my cheek from the sticky pillow. Yawning, I gazed at the worn parquet floor. The bedroom floor was awash with sewage. Three minutes later I heard a flush from the next room and my toilet exploded, creating a new pattern on the

ceiling. We had been on the road to Moscow for four days.

Worse was to come. No petrol. 72 octane could be found easily enough on the black market but our Transit needed better. Thanks to our hosts, the Moscow Disabled Motorists' Club (MDMC), fuel was found and we rejoined the M1 for a potholed journey to Smolensk. One more night on the road and Moscow would be ours.

The Rally Nadezhda - "Rally of Hope" - brings together some of the bravest (and toughest) of disabled drivers. With few aids and adaptations, acute fuel shortages, no financial help for mobility, and little else but guts and luck, participants had

converged on Moscow from as far afield as Lithuania, the Black Sea and Siberia, to compete for prizes in a rally that made our RAC Disabled Driver event look like a Sunday afternoon drive with granny.

Six months of starvation

It was the first time that anyone from Britain had entered the rally, so we were accorded considerable status. Here we were, three British crews (my wife Jean and I from the Mobility Information Service, a team from the West Midlands Disabled Motorists' Club and a crew from Aylesbury in Buckinghamshire), lined up with an assortment of Ladas, Okas, Volgas and Zhiglis. Many cars were

stripped out and properly prepared for a rally, others were unmodified, everyday transport, doubling up.

Almost all had cost their owners dearly. Olga Vinogradova's entry had meant six months of starvation. After having been painstakingly prepared with loving care, her aged, rear-engined, two-stroke shed its geartrain at the start, dashing Olga's dreams of the road to Siberia. She wasn't too downcast though: disappointment and hardship are facts of life in Moscow. Olga consoled herself with being hostess to the guests and practising her English. Her engaging humour and chuckle soon became infectious.

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David (right) with Chris Holloway of the West Midlands Disabled Motorists' Club

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Recognised Converter

On day one, there were 13 timed stages spanning over 200 miles, on roads varying from super highways to World War One battlefields. On one stretch I resorted to lowering the vehicle down into huge craters, three feet deep, using bottom gear, then searching for the way out.

Two bow out

Chris Holloway's Renault 25 was too low for these undulations, so he wisely retired before he lost his floorpan altogether. Geoff Smith of Aylesbury and his FX4 dropped out shortly afterwards, finding the pace too draining (Geoff is Britain's most travelled disabled driver, with Asia, Russia and the Arctic Circle under his wheels!).

We decided to carry on. Our long wheel base, automatic, Transit Reimo camper, rolled in a creditable and very exhausted 23rd with nothing more than a cracked windscreen.

Sunday was a day of rest, prize giving, speeches, making friends - and preparation. On Monday at 11am, beneath the fairytale beauty of St Basil's Cathedral and the gaze of

... the final frontier



Geoff Smith's converted black cab passes Moscow State University during the early stages

MOSCOW WEEKLY NEWS

Valery Burkov, Russia's Minister for Disabled People, and a crowd of bewildered Chinese tourists, the really brave rolled onto the grid to start the second stage - 5,500 kilometres over 6 days to Krasnoyarak in search of the Great Siberian Challenge.

As we watched them bounce over the stone cobbles, boots weighted with jerry cans of precious extra fuel, spare wheels, Porta-Pottis (there is no such thing as an adapted roadside toilet, or even an unadapted one) rations and survival gear, we thought about how small our own achievement had been, and on just how soft Britain's disabled drivers have become. We're too accustomed to heaters, tubeless steel radials, power steering, automatic transmission, professional fitted adaptations and a choice of breakdown services. There's so little adventure in our lives today. Staying alive on the M25, and trying to find a self-service garage willing to fill you up, are often the main challenges facing us.

Here's to the next one

Rally Nadezhda is well established and the MDMC is already planning the next one. It is very professionally organised, rivalling anything on offer in the general rallying scene.

Yuri Rodin, MDMC president, said: "Russia is a tough

inadequate cars." Poverty abounds, inflation is rife and food expensive and scarce. Sickness is rising.

Against this backdrop, the Club works hard to raise funds, helping members, teaching them to drive, adapting and repairing cars.

As part of an exchange programme between the Mobility Information Service and MDMC, a team will be visiting Britain later this year to learn more about driving instruction, vehicle adaptations and modifications.

Hope is the key

"Nadezhda" (hope) is a word much in use amongst Russian disabled drivers at the moment - hope that conditions will improve, that some enterprising people can become fitters and adapters of hand controls, that more severely disabled people will be enabled to drive, and that more money will be available.

Farewells said, we were given an escort back to Brest (when did you last drive 700 miles to put someone on the right road home?) Yes, they would come soon. No, they would not fly to Britain. "We are drivers," said Tatyana Kranova, "we must drive to Britain. There is no other way."

Let's hope there will be some GB plates in Red Square next year. If you've spirit, time and enthusiasm, the Nadezhda Rally is a challenge you cannot ignore. The drive to Moscow, via Holland, Germany and Poland, is tedious and tiring,

country, especially for the disabled. There are bad roads, no ramps or facilities, too narrow doors to the bathroom, steps everywhere and dangerous

but it's worth it when you get there. It is not for the faint hearted, but then neither is Russia.

You can get more details of the next rally from the Mobility Information Service, National Mobility Centre, Unit 2a, Atcham Estate, Shrewsbury SY4 4UG. Tel: (0743) 761889.



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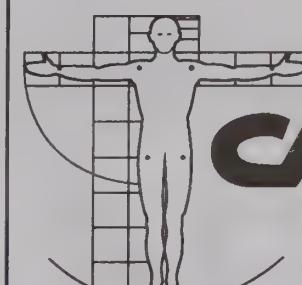
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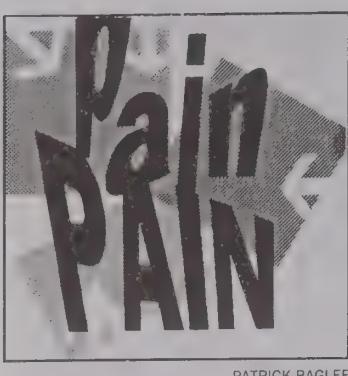
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PATRICK BAGLEE

I injured my spine whilst working as a staff-nurse on a geriatric ward. After a short spell off I went back, only to find the problem was getting worse. Five months later, I finally gave in and went off sick with a prolapsed disc. From then on, until I found the right help three years later, I was caught in the downward spiral of chronic pain.

Chronic pain is only just beginning to be understood by doctors in this country. It is a very stressful, "invisible" disability. Yet too many people don't see it as such.

Even though I was a nurse with over 20 years experience, I felt as though I had crossed over to an alien world about which I knew nothing.

Every treatment tried

Every treatment offered I accepted - bed rest, plaster jacket, a month's traction, epidurals - but nothing had any impact. Hopes of a "cure" turned to despair as my initially caring doctors became impatient. Was it my fault? Was it "all in the mind" as one physiotherapist told me loudly and clearly in her full clinic?

Pain killers, sleeping pills, tranquillisers, anti-depressants, all were ordered. Medication made me lethargic and irritable.

Pain: the 'invisible' disability

In the first part of a new *DN* series on pain, Rosalie Everett explains how she learned to live with this "invisible" disability - and how you can too

Because of my low-back injury, I couldn't sit with people and socialise. (Being unable to sit is one of the most common problems among people with chronic pain. As well as making it uncomfortable to socialise, it bars you from most jobs.) I also resented being with people who were the way I used to be - pain free. I felt I had no future worth thinking about. I couldn't believe that I was expected to live like this, to accept that doctors couldn't take my pain away and let me get back to work.

Living with it

My husband became bored with the pain-preoccupied me and we gradually withdrew from each other. I felt a failure on all counts.

One specialist reassured me that it would "settle down" in ten years. Others were unbearably rude as I went on the merry-go-round of desperate cure-seeking.

Finally, I was told to learn to live with it. But how? It was my two children who really inspired me to find a positive solution to what seemed like an insoluble problem.

The first step was accepting that I was a person first and foremost. My pain was just a fact I had to deal with. I wasn't going to be a "victim".

In 1988 I discovered the self-help, pain-management programme practised at Walton Hospital, Liverpool. It didn't

promise a cure, but it would help me live with the pain in a positive way. The four-week course included relaxation, physiotherapy, group discussions among ourselves and with the occupational therapist,

so many losses and no gains.

It also dawned on us that preoccupation with our pain was counter-productive. Endorphin - the natural "high" manufactured by your body - became the buzz word. All we



Rosalie Everett (centre) at a SHIP meeting

acupuncture, swimming, T'ai Chi, dancing, yoga and hypnotherapy.

I promised the director, Chris Wells, that I would start a self-help group in Kent within a year. Self-Help in Pain (SHIP), run by people with chronic pain, now reaches out to others in the same position, offering support, information, a self-help pain management pack, helpline services and groups. We have few funds and no paid staff. Today we have 1,000 people on the mailing list.

Once we began to meet, we soon realised how we'd all given up so many normal activities to avoid pain, pushing ourselves into a joyless existence. Housework, DIY, going out, socialising, work, enjoying ourselves -

had to do was tap into it by doing "good" things like swimming and exercise.

Reach out and touch

Feeling bad about ourselves is so counter-productive. We must do all we can to reach out to help each other if we are down. Self-awareness and honesty, plus the desire to move forward, provides the energy you need to change your life. None of this is easy if you're feeling low. I praise anyone who manages to make that first step towards self-help.

If you need outside help, talk to your doctor, counselling services, local disability organisations or SHIP.

Working with others inspires you to keep going. For some

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reason, men find it harder to ask for help. It's *okay* to ask for help and an unwise move not to. It is also better if the person in pain makes the first move, rather than a concerned partner or parent.

Looking back, I am angry that the right care was unknown to me and my family for the first three years. But it was the dismissive attitude of the doctors that probably caused me as much stress as the pain itself. We know from the SHIP helpline that people are at their lowest, sometimes suicidal, if they feel their doctor does not believe them.

Pain clinics

Pain management centres are common in American and Australian hospitals, but not so in Britain. We only have one residential centre, "Input", at St Thomas' Hospital in London. There are a few out-patient programmes, like Walton Hospital's.

At the moment, our pain clinics only tend to be funded for nerve blocks, medication, epidurals, etc.

Ask your GP to refer you to the nearest one - there is usually a waiting list. A directory of pain clinics and the services they offer will be available from the College of Health at the end of October (*see below*).

SHIP wants more clinics like Walton Hospital's, and specialist nurses who can liaise between hospitals and the community. We should be able to call on them in the same way that hospice patients can call on home nurses.

If there are no clinics in your area, write to your local MP, community health council (address in the front of your Thomson Directory) and the local paper.

Please yourself

It is always wise to ask for detailed information about any suggested treatments, surgery, new medications, success and failure rates, possible side effects, nerve-pain injections, etc. Should you wish to reduce medication, it is best to do so under your doctor's guidance. It is also a good idea to wait till you are practising some pain reducing strategies, such as relaxation.

Above all, do not feel pressurised to accept any treatment that you feel unhappy about. Self-help is about only doing what you feel is good for YOU.

Self Help Pain Management booklet, £2.50 from SHIP, 33 Kingsdown Park, Whitstable, Kent, tel: (0227) 264677. Please enclose 9 inch by 6 inch SAE with 28p stamp.

Steve Crone, College of Health, tel: 081-983 1225.

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She lives to wheelchair race

Orla Ryan talks to Paralympic gold medalist Tanni Grey

Tanni Grey lives to wheelchair race. Daily training around the streets of her Cardiff homes paid dividends this summer when she brought home five gold medals from the Swiss championships and a bronze medal from the world championships in Stuttgart.

At 23, Tanni is a formidable spokeswoman for a sport which is changing traditional reactions to people in wheelchairs.

The paralympics in Barcelona last summer received more coverage than any disabled sports event yet. "Barcelona was a real step forward for disabled sport. Before that people had only seen disabled people compete in the London Marathon."

Skill not bravery

One year after the Barcelona paralympics where she won gold medals for the 100, 200, 400 and 800 metres and set two new world records, she takes offence at many of the labels attached to disabled sportspeople. She believes it is their skill rather than their courage which should be applauded.

"I don't like being described as brave for winning medals," she said. "No-one said Linford Christie was brave when he won a gold medal. Being brave is fire fighting, not win-

ning medals."

"For too long people have only seen the recreational, rehabilitation side of disabled sport," she said. "The paralympics in Barcelona showed disabled people being just as competitive as able-bodied people."

Here we go (again)

Barcelona was Tanni's third paralympics and a completely different experience to the other two. "Barcelona was different because I'd done it all before. Something like the opening just isn't as exciting the third time around. I was expected to win in Barcelona which was a real pressure. I remember after it was all over I was so tired. I thought I would be on a real high but I was just glad it was over."

"Everyone said I would enjoy my first paralympics in Korea and I did. The first one is the one you go along to and do your best and see what happens. Nothing was expected of me but I did get a bronze medal."

In Tanni's eyes, her disability does not make her any different. Tanni has spina bifida and got her first wheelchair when she was seven. Up until the age of 12 she did not really consider herself disabled. "I was in an environment with other disabled people, also, my secondary school, St. Cyres in Penarth, was a mainstream school and was easy to get around so I did not really see any of the problems I came across later."

Reaction to her disability out of school was different. "This was the early eighties and there weren't many people

Tanni maintains that able bodied people who grow up segregated from disabled people are also disadvantaged. At

always ask who I'm travelling with and drag someone along from the airline to walk with me to the gate."

"In the summer I was queuing to pay in Boots, when a woman pushed in front of me and dumped her stuff down. She had presumed I was with the woman in front."

Tanni relies on her sense of humour to get her through awkward situations. "If you take it all seriously you could get really down about it. I find it best to laugh at things like that."

She has travelled to the States for sporting events and found attitudes to people with disabilities were better there. "The facilities are excellent. Because of something like Vietnam there are more people about in wheelchairs so you don't get as many strange looks."

Up to now Tanni has financed herself with the help of her parents, Sulwen and Peter, and whatever prize money she has won. Her parents and her older sister Sian, who is a nurse, have been very supportive to her all through her sporting career.

After the paralympics, Tanni worked for British Petroleum, producing two radio programmes and an information booklet to encourage people with disabilities to go to higher education. Access to education for people with disabilities is something Tanni feels strongly about.

"I had to really fight to get into mainstream education. There are a lot of disabled kids who can cope with mainstream education and a lot of able bodied children who can't. I don't believe special education is right just because you are in a wheelchair."

Tough training

Tanni foresees a busy schedule until the end of the season in November. This includes a marathon in Berlin, a track race in Denmark and road races including the Great North Run, a 13 mile road race in Newcastle.

Through training she has developed strong shoulder and arm muscles. "I am concentrating on road racing now. The training is much harder for that, you have to do a lot more miles."

"I do about two hours training a day. I have a set route and I do variations on that. It is lovely training in the summer when the weather is nice but not so nice now with winter approaching."

Tanni thinks she probably has another ten years left to wheelchair race, road and track. She said: "I am not looking forward to having to stop."



Tanni is now concentrating on road racing

with disabilities seen about," she said. "Disabled people had a bad image, everyone with a disability was thick and couldn't cope on their own. People tended to talk down to you."

"That doesn't happen too much now probably because of the way I am. I am more inclined to shout back at people who treat me like I am an idiot."

Bloody minded

Tanni is quick to describe herself as bloody minded. "I like my own way all the time. If I want to do something I don't want people to get in the way too much. I don't know if that is necessarily a good thing."

She has been wheelchair racing since her early teens and was completely accepted in her local athletics club in Bridgend. It took longer to be accepted as a sportswoman at Loughborough University where she did a politics degree.

"In Bridgend they knew me well and accepted me as myself. In university the facilities were excellent, the hardest part was being accepted as an athlete. They had not met a disabled sportswoman before. It probably took two years for them to accept me."

university she met a lot of people who had never come across anyone with a disability before. "They did not know how to react to me at all. The friends I made at college accepted me anyway and didn't think it was strange."

Students often tried to help her get out of her car and ended up getting in the way. "You can't turn around and say sod off," she said. "There might be somebody with a disability who does need help and you don't want to frighten people off."

She feels there is an element of fear in people's reaction to disabled people. "A lot of mothers drag their kids out of the way or turn their heads. They want to keep my path free but they seem afraid. I feel like saying 'my other head hasn't come out', or 'don't worry you are not going to catch anything'."

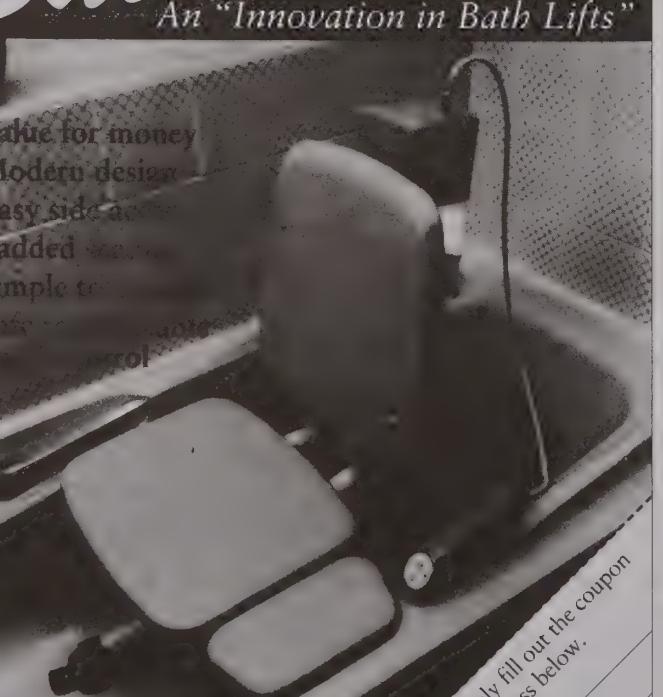
Who are you with?

Tanni is keen to get across that she is as independent as any able-bodied person. Most of the time for sport she travels on her own and she often meets with surprise that she can cope. "There is an assumption that because you are in a wheelchair you need someone to look after you," Tanni said. "Airport officials

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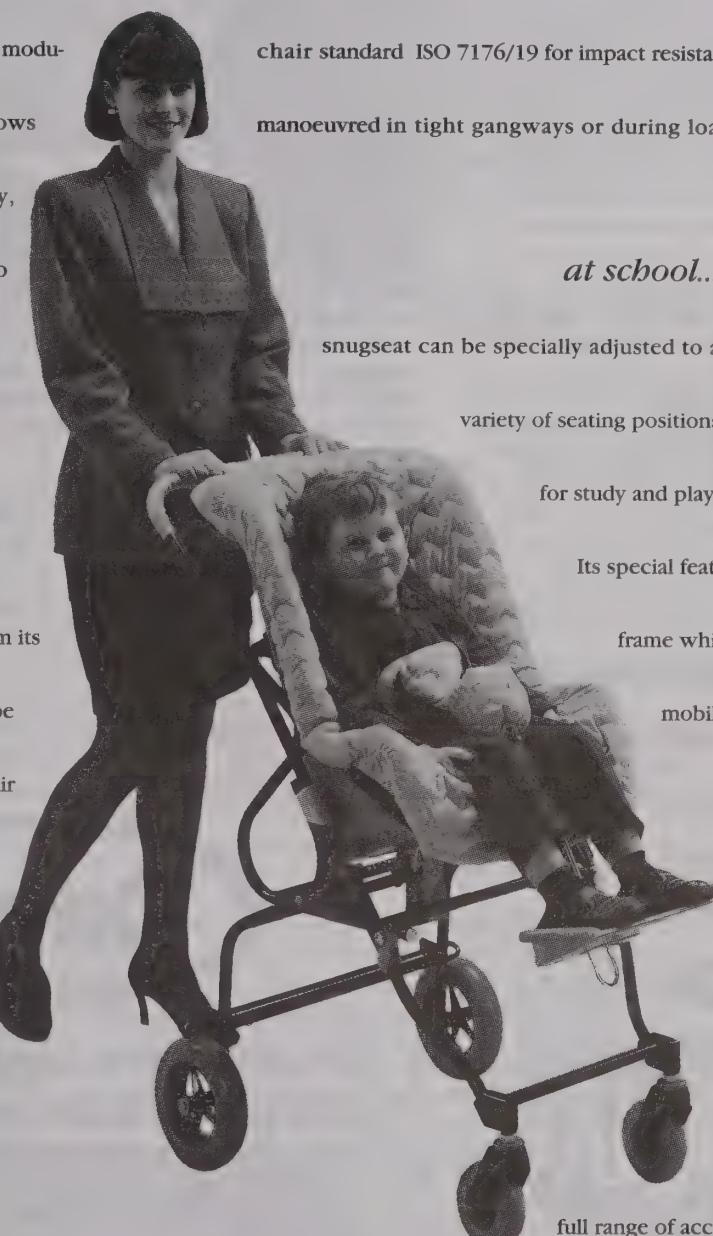
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DN 10/93

Letters to the Editor



Disability Now, 12 Park Crescent, London W1N 4EQ

Further education cuts

Your July issue carried news of the closing of another charity-run further education college for students with disabilities, Halliwick College in Enfield. It was being closed because the college could not be assured of the funding it needed from the Further Education Funding Council.

Having worked in another residential college, now closed, I think we must fight for young people with disabilities so that they obtain the right kind of education from 16 to 19 years, free, plus the right level of care and facilitation to achieve all their goals in education.

This is a national issue, not a local one. The Government should make adequate funding available and legislate to make it compulsory for councils to provide education.

Also, these special colleges should be run by local education authorities not by charities, who always run them on a shoestring budget.

Are we going back to the 1960s? When I finished my education at a special school at 16, the local borough put me into a day centre twice a week with people in their 70s and 80s.

I can see young people with severe disabilities after their

education just staying at home with their parents and watching TV all day because of cuts made by councils now.

Bob J Jamieson

Basildon, Essex

Gowrings plan hire scheme

Reading your front page article about British Rail (*DN*, September), I had no idea that BR was so uncooperative when it comes to transporting scooters and electric wheelchairs on trains.

From time to time we have considered offering Chairman cars for hire to local people or existing owners whose own car is out of action.

If enough *DN* readers would like to hire a Chairman as an alternative to rail travel for holidays or other uses, we will reconsider setting up the scheme. The charge would be £25 a day, plus insurance and delivery if outside our immediate area.

Perhaps interested *DN* readers would contact me.

Gary Newton

Operations director
Gowrings Mobility
18-21 Church Gate
Thatcham, Berks RG13 4PH

More Direct Action, please

I admired the intervention, as I am sure others did, by members of the Direct Action

Network in the Christchurch by-election.

They travelled from various parts of the country in support of their rights and targeted Robert Hayward, the Conservative candidate who in January 1992 had sabotaged a private members' bill which would have given civil rights to disabled people.

I read that the group will decide in October what issue they will campaign on next.

Could I suggest VAT on fuel?
Armorel Williams

St Austell Spastics Society

Cornwall

How can Liberty not make even a passing reference to the need to outlaw discrimination against disabled people?

Talking of its "highly regarded" draft Bill of Rights, Liberty shows no awareness that the lack of such a law means that blind and partially-sighted and some other disabled people will not be able to take advantage of such a Bill, if it does come into force.

We need to be able to borrow well-trained research/secretarial assistants to do the required reading and writing and assure our rights;



Last days of summer: Mrs Atkins of Kingsthorpe, Northants, cannot stand or walk, writes her husband, but they still go camping in "an old 1977 Sprite Ariel with no fancy fittings", just a ramp. The DoH chair "I bought for £10 as it was scrap, but the part I needed I could make good".

At liberty to ignore?

A leaflet about affiliation to Liberty (the National Council for Civil Liberties) says: "We campaign not just for freedom of information ... but also on such issues as sex and race discrimination, police accountability, censorship and criminal justice."

or there should be a Visuality Allowance, as there used to be a Mobility Allowance.

May we hope this gap in awareness will be filled at Liberty's national conference on human rights in November?

Eve Goss

Founder, Women with Disabilities Groups, London NW3

Persistence pays (1)

You will be pleased to know that with your help I have received a payment of £4,126 in lieu of bank charges incurred due to the late payment of my Disability Living Allowance at the time of the changeover.

I am also delighted that I am to get the higher rate of Attendance Allowance.

It was your Margaret Weeks (*DN*'s benefits expert) who suggested that I asked for my application to be reconsidered. Mary Gadsden Hodthorpe, Notts

... and (2)

After battling for eight months, I have recently received an award for Disability Living Allowance back-dated to November 1992.

Towards the end of my correspondence with the Benefits Agency, I received a telephone call to ask how many times I went to the toilet in the night and could I manage to get a pill out of a bottle. It seems that my award was based on the answers to these apparently trivial questions.

So, carry on claiming - it is worth it in the end.

Jane Nyman
Erdington, Birmingham

No cats allowed, either

I read with interest your article about Pam Brooks' dog being banned by the John Grooms Housing Association (*DN*, July), as I have just had a similar thing happen to me.

After nearly a year of pleading, I got no help from John Grooms. I have had to give up my cat to a cat rescue centre with the hope that she will be sent to a good home.

Like Ms Brooks, I was also under the impression that pets were very therapeutic for disabled people. Obviously John Grooms has not read the same manual as myself and others.

Susan Braisby
Pinner, Middx

sic

Rocked back on our heels
Remember how *DN* reader Peter West complained to the Broadcasting Standards Council about a "joke" about Siamese twins on the *Rock with Laughter* show? (sic September) Well, he's now heard from the Council.

Chairman Dame Jocelyn Barrow said: "We felt that the joke was not intended maliciously or with an intention of hurting anyone." So, under Section 154 (5) (d) of the Broadcasting Act "it would be inappropriate to pursue the complaint further."

Mr West says: "We are trying to educate children about disability and this went out before the nine o'clock watershed. It's disgusting."

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High-flying Earle leaps to victory

Alan Earle leapt into the record books when he won two events at the 1993 British Sports Association for the Disabled's National Athletics Championships at Hull in August.

Earle, from the North West region, claimed both the high jump and long jump titles with two massive record-breaking leaps of 1.78m and 4.44m.

"I'm very happy about my performances in both competitions," said Earle. "I've trained very hard for these games and fortunately all the hard work paid off."

The annual games were a great success and attracted more than 130 disabled athletes from all over Britain.

Ian Hayden, a Paralympic athlete from the Southern region, was in unbeatable form from the start. He won the men's group four javelin and discus events with outstanding throws of 27.76m and 30.04m.

"It feels great to have

won these two events," said Hayden after collecting his titles. "The competition was strong but I was able to pull out two big throws when I

really needed to."

Tracey Spencer, from the Southern region, was equally impressive in the field events. She won both the group 11

shot putt and group eight discus competitions with throws of 4.38m and 9.66m.

There was another great performance by Janice Lawton,

from the Eastern region. She convincingly won the women's group five javelin competition with a superb throw of 10m.

Highlights of the track events included fine performances by Brian Clarke, from the West Midlands, who set a new record in the 800m group ten event, and Brian O'Shane, from Yorkshire and Humberside, who won the men's group three 200m final.

The Scottish team always do well at these games and this year was no exception. The Scots won three major team events - the 60m, 100m and 400m relay finals - and took many individual titles.

Jim McDade led the way by winning the 100m and 400m group five finals. Then Caroline Innes won the women's group six 200m event in a record time of 35.2 seconds, while Gary Marshall won the men's 100m final in 23.4 seconds. Finally, Ross Low set a new record of 33.7 seconds in the group five 200m final.



Reach for the sky: Alan Earle winning the men's high jump at the British Sports Association for the Disabled's National Athletics Championships

GRAHAM BOOL PHOTOGRAPHY

Shot record shattered

The first International Wheelchair Pentathlon was held at Stoke Mandeville in August.

Ireland's James McCarthy got the historic event off to a perfect start when he broke the shot putt world record with a massive 9.12m throw.

McCarthy could not main-

tain his momentum, however, and it was Reinard Berner, from Germany, who won the title with a total of 4,333 points.

British competitor John Harris pushed Berner all the way but had to be content with 4,023 points and a well deserved second place.

Howes dazzles at games

The Fourth National Summer Special Olympic Games took place at Sheffield in August.

More than 1,700 British athletes competed in a dozen events, including football, athletics, tennis, and softball.

The games were dominated by Yorkshireman Adrian Howes who won the men's

pentathlon competition with a score of 2,673. He also helped Yorkshire and Humberside win the men's 4x400m relay title.

Another Yorkshireman, Iain Brown, won the men's division one 1,500m race while Suzy Bury, of the West Midlands, took the women's title.

The football final was a

closely fought affair between Northern and Tayside. Northern kept their nerve to squeeze home 3-0 on penalties.

Sport is written by Tim Russell, tel: 071-636 5020

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Village Scene by June Mills (above, 10 cards for £2.55) and

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Pink, 13, (right, 10 cards for £2.15) were both shortlisted in the DN Christmas card competition, open to artists with disabilities.

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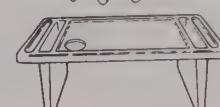
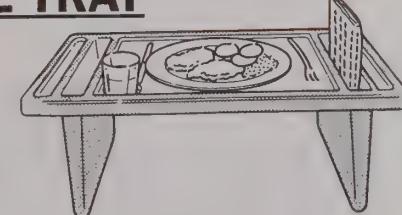
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CAR OF THE YEAR
1993

Disability Arts Magazine

MAGAZINES

Disability Arts Magazine (DAM) is now well into its third year of publication and continues to grow in size, readership and confidence. It is a quarterly magazine financially supported by the Arts Council and the British Film Institute among others. It is also available on cassette and in large print.

DAM covers a broad range of art by disabled people and is written and run by disabled people. To this extent it is political in its nature. It stems from a desire for equality of opportunity for a group of people who are seen as having been kept down by or hidden within mainstream culture.

Some readers may find this approach hard to accept. Indeed the Spring letters page carries an accusation that the magazine encourages separatism. For my part, I do not see this as a problem since it is not dogmatic.

Certainly many contributions are from those involved in disability art, that is art which stems directly from experience of disability. But there are also artists featured who, while acknowledging the influence of their disability, do not make it the focus for their work.

It seems to me more important that it should be informative, interesting and of high quality and I think it broadly succeeds in this.

Both the Spring and



Giving Birth to the Master Race by Tanya Raabe

Summer issues contain a well balanced mix covering all the arts. Regular features include regional columns, book, film and exhibition reviews, and "A Life in the Day", a personal profile slot.

From the Spring issue Allan Sutherland's survey of disability as a visual metaphor in film was at once a warning against stereotyping and a call for a more real and interesting treatment of disability in the future.

Joe Bidder's interview with deaf performance poet Aaron Williamson left me thirsty for more. Linda Sargent's writings were wry, direct and sensitive.

Images which stood out included Adrian Slezak's *Lion*,

exhibitions of art in a psychiatric context by Bushey Kelly.

Stephen Dwoskin's review of Yilmaz Arslan's film *Langer Gang* left me eager to see it.

Steve Cribb contributed a timely piece on the need for constructive criticism within some areas of disability arts, which was followed by just such a review of his own computer-generated work!

As well as these there were wild, expressionistic and sharply funny self portraits from Tanya Raabe, and bright surreal symbolic images from Mark Williamson. I could go on.

DAM is not without its faults, for instance it would benefit from a clearer structure, and it would be good if they got people's names right! However, for anyone whose work involves them in the field of art and disability, whether as practitioner, organiser or consumer, it is an interesting and informative

Laurie Harper's *Boats - Northern Ireland*, Philip Ridler's photograph and Sarah Hopkins' *Accident*.

There were also interesting



Boats - Northern Ireland by Laurie Harper

accounts of a Graeae residency at the RSC and a Live Art commission by Hull Time Based Arts.

The Summer issue saw an intelligent and thought provoking review of two

read and should be recommended.

Adam Reynolds

£12 or £6 concessions. *DAM*, 10 Wood Lane, Great Coates, Grimsby DN37 9NH.

Look out for

There will be a signed performance of *Ghosts* by Henrik Ibsen on 18 October and an audio-described performance on 19 October at the Sherman Theatre, Senghenydd Road, Off Park Place, Cardiff CF2 4YE. Tel: (0222) 230451.

Fashionable and not so fashionable European dress, a free workshop for visually impaired people on 27 October at the Victoria and Albert Museum, South Kensington, London SW7 2RL, tel: 071-938 8634.

Two audio-described performances of *Someone Who'll Watch Over Me* by Frank McGuinness are planned for 13 and 25 October and a signed performance for 25 October at the West Yorkshire Playhouse, Quarry Hill Mount, Leeds LS9 8AW, tel: (0532) 442111.

ARTY-FACTS

Listen up

Talking Notes is an audio-description service for blind and visually impaired opera and concert-goers. You wear a clip-on receiver and earpiece and listen to a narrator reading the programme and describing the sets, costumes and any activity on the stage. The narrator only speaks before the show and in the interval so you don't miss any of the music. For details contact Gregory York, tel: 081-853 0052.

A happening place

Manchester will be the City of Drama 1994. One of the aims of the year is to enhance the disability arts scene. There is a free mailing list (available in large print, braille and on tape). Send for it and make a date in your diary for a visit to the city with the fully accessible tram network. Contact the City of Drama, Freepost, Manchester M4 8BB.

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FILM



Andy
Kimpton-Nye

The Secret Garden

The Secret Garden (U) is a children's film from the newly formed Family Entertainment arm of Warner Bros. It is based on a Francis Hodgson Burnett novel, telling of death and regeneration with an abundance of disability in tow.

Mary Lennox (Kate Maberly), the young girl orphaned at the outset, is emotionally impaired. Even when her parents die, she cannot cry.

Lord Craven (John Lynch), Mary's dark, mysterious uncle and guardian, is hunch-backed as well as being emotionally and psychologically impaired due to the early death of his young wife.

While his son Colin Craven (Heydon Prowse) is assumed to be physically disabled - in theory, an inheritance from his father and the result of his mother dying in childbirth.

Now that's just what we need to get young, impressionable minds thinking positively about disabled people.

The trouble is with all this disability on screen we're not really looking at disability at all,



Colin, Mary and Dickon find wonder and magic in the secret garden

1993 WARNER BROS

but a metaphor. Disability in its different guises equals death. This strikes me as being about the most negative imagery going and tantamount to saying, if you're disabled you're better off dead.

This is particularly disheartening as it all emanates from what on one level is a charming childhood classic.

Harrison Ford's new film, *The Fugitive* (12), a tale of a man wrongly accused of murdering his wife, has done great business in America. It isn't difficult to see why. There

are enough thrills and spills (wait for the train crash) in the opening 20 minutes to justify the ticket price.

But, as experience has so often shown, box office winners and disability awareness so rarely, if ever, go hand in hand. This one's no exception to the rule.

The guilt of Sykes, the man with one arm, is never in any doubt, as the hero (Ford), the character we are supposed to identify with and cheer on, pursues him relentlessly throughout. And so, disability

is repeatedly and persistently associated with the act of murder or evil.

There's no analysis of why Sykes, an ex-cop disabled in the line of duty, turned contract killer, for instance.

There are also the obligatory, but nonetheless nauseating, "one-arm" jokes which are about as sensitive as your average Bernard Manning gig.

The Fugitive comes from a 60s tv series. Even up-dating the idea hasn't added to its level of awareness. That's disturbing.

TV



Chris Davies

The new television season might bring a greater choice of non-specialist programmes for me to review, but it certainly does not guarantee quality.

I have no doubt that *Wide-eyed and Legless* (BBC1, 5 September) will figure highly in next year's television awards.

With a writer like Jack Rosenthal and a star such as Julie Walters, how could it be otherwise? Even more so, given that the story was a true, tragic tale of a woman with ME. She joked through her trauma and pain and even encouraged her courageous husband to have an affair with a beautiful, plucky blind woman.

It was based on autobiographical books, but since *My Left Foot* I am cynical about the amount of truth that might have been left in the film version. Even if the whole play was totally factual, it was still sentimental cliché that encouraged the "There but for the grace of God" syndrome. I for one am sick of it.

The first of the new *Challenge Anneka* series (BBC1, 4 September) featured a barn to be transformed into a boat house for the Calvert Trust so that disabled young people could sail on the local reservoir.

The youngsters themselves were smashing and Anneka appeared really comfortable being with them. She clearly understands the social side of disability. She asked the children about the way other kids treat them, but she persisted in asking each child the initial question "What's your problem?"

Firstly, disability does not equal problem and, secondly, an understanding of physical state is not a necessary prerequisite to appreciating social stigma. Nevertheless, an enjoyable programme.

During the course of five daily half hours, (BBC1, 23 to 27 August) and a fifty minute *Grandstand* item (BBC1, 28 August), the UK Summer Special Olympics received exhaustive coverage.

Grandstand was preferable as it concentrated on the competitors and their sports, but all the programmes gave much improved television credibility to sports people with learning difficulties.

From September *Link* (ITV, Sundays) adopted a multi-item format and moved to the even earlier time of 10.15 in the morning. Neither changes are good news, since *Link* is too short to adequately cover one item and its new time clashes with *See Hear*. Surely we deserve better, ITV?

Video top five

CC: closed captions,
S: subtitles, N: nothing.

1. UNFORGIVEN (Warners)
Class western featuring Clint Eastwood and his old guns.
(CC)
2. A FEW GOOD MEN (Columbia Tri-Star)
Courtroom clash with Tom Cruise, Jack Nicholson and Demi Moore (N)
3. DEATH BECOMES HER (CIC) Kookie, spooky comedy with Goldie Hawn, Meryl Streep and Bruce Willis. (CC)
4. BRAM STOKER'S DRACULA (20/20 Vision)
Spectacular horror with star-studded cast. (CC)
5. CONSENTING ADULTS (Buena Vista) Wife swapping and murder in suburbia. (N)

Andy Kimpton-Nye

Chart courtesy of MRIB.

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Continence Care in the Community



Carol Graham reviews Edinburgh's Fringe Festival

The biggest and best festival ever is now over. The performers have given their last encore and the audiences have left town until next year. We had a revue by disabled people, a play about a disabled woman, a series of skits by people with mental health problems and a comedy revue featuring Spike.

Lucy K

Lucy K, performed by Troupers at the completely inaccessible Hill Street venue was dramatised by Philip de Granville who is a doctor. It is based on a case history in Oliver Sachs' book *Awakenings*.

It tells the story of Lucy Kastelitz who caught sleeping sickness in the worldwide post-World War One epidemic. Most died, but a few survived to develop a very severe form of Parkinson's Disease.

In Lucy's case, this led to a 44-year incarceration in a mental hospital. Then, in the late 60s, a new "wonder drug", was tested and she was one of the first to receive treatment.

The play is about the conflict between a doctor interested in advancing his career by successfully using the drug and

Lucy's mother's refusal to have her released from her permanent "living doll" state.

The doctor wins the struggle and the drugs work, freeing Lucy's mind. She has been profoundly humiliated by her perpetual childhood and this fuels a bitter anger directed at the doctor and her mother.

Nicky Allen was superb as Lucy, with Lesley Morris as her mother and Mike Walker as the doctor. It was a thought-provoking play, dealing with emotions that often run in families coping with disability.

Contact Philip de Granville, tel: (0373) 464343.



Nicky Allen as Lucy K

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The Ghetto

The Ghetto, a revue presented by the National Disability Forum in a totally accessible venue, was professionally staged. The audience sat at candlelit tables and there was a bar which added to the relaxed, nightclub atmosphere.

I thought it would be all jokes, music and songs, but some skits were serious. The MC had a good delivery style but I found some of his jokes about disabled people tasteless and unfunny. We do have to laugh at ourselves to put others at ease but these jokes just weren't funny.

This aside, there was a sensitive portrayal of a disabled couple meeting and falling in love. I also really enjoyed No Excuses, a trio of women, one in a wheelchair, whose skits included one on evangelists trying to raise money for the disabled, and another about a disabled woman hiring a carer. Original and very funny.

Also performing were a hearing-impaired couple from Russia who danced and mimed to songs. It would have been more fitting for them to have used Russian songs instead of the modern American ones they chose, but they danced well, and you had to admire their enthusiasm.

On the whole, it was a varied and different show, getting together performers from Britain and abroad. It obviously took a lot of organisation.

Tel: 091-261 1628.

Simon and Spike's Laugh-in

Next, to the Southside Centre, a converted church with reasonably good access, for an evening of laughs.

From people who call themselves On the Toilet with Shergar, you wouldn't expect the most tasteful of shows - and you would be right. *Simon and Spike's Laugh-In* consisted of two young men doing stand-up comedy, except Spike Breakwell was in a wheelchair!

For me, the show didn't get off to a very good start. Simon

primary school playground.

Spike's delivery wasn't as confident as his partner's but he did MC the late comedy revue in the big theatre upstairs as well so a large and raucous audience were able to see a positive image of disability. All in all, highly enjoyable.

Tel: 081-986 3251.



Spike Breakwell and Simon Hardeman at their Laugh-in

A Long Time in the Land of Dreams

A Long Time in the Land of Dreams, presented by the Outsider Theatre Company, a group of people who'd had mental health problems. The series of skits, some very amusing, some serious, all poignant, were written and acted by the people themselves.

Apparently the show was written and produced in haste, but you couldn't tell. With an elegant set and beautiful lighting it was one of the best shows I've seen for a while. It demonstrated how, through fear and insecurity, people can easily become victims of the system.

There were no physically disabled performers in the cast, but we could easily relate to situations where confidence has been eroded through childhood experiences and so on.

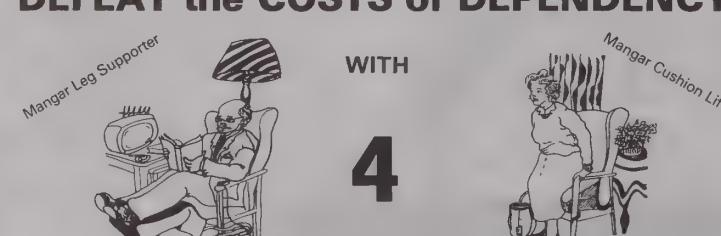
One playlet showed a young girl being bullied by her mother throughout her life. It was made more dramatic because the two figures were only shown in silhouette. Another skit showed a patient asking his doctor about his treatment, and the doctor refusing to answer him directly, a situation that we're all familiar with. Good stuff!

A show is planned for the Edinburgh area to coincide with Mental Health Week in October. Contact Mike Dunning, tel: 031-229 3555.

And finally

Next year, I'd like to see more performers with disabilities on the Fringe, and, if possible, some co-ordination between groups to bring the acts together under one roof. The movement for disability arts should exploit the huge audience of the Edinburgh Festival to highlight the issues, and to develop the skills and confidence of performers and writers with disabilities.

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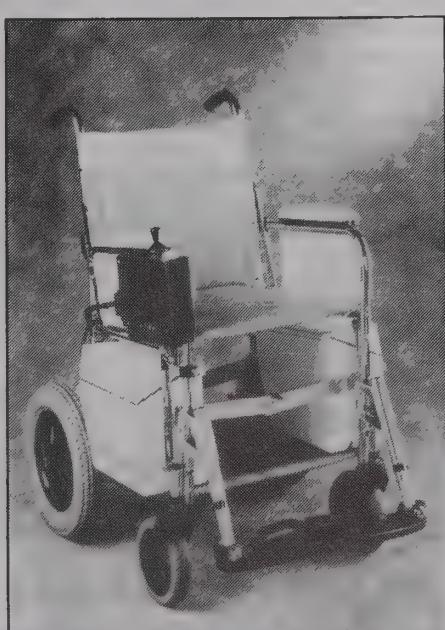
All you have to do is decide which are the most important features of a wheelchair, as set out in the entry form (*below*), and number the boxes accordingly. Then, for the tie-breaker, give this wheelchair a name. Finally, fill in your name and address.

Send in your form by 5 November 1993.

Winners will be notified by 12 November. Results, with pictures, in DN January 1994.

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Taking a back seat

David Griffiths forsakes the driver's seat for a trip in the latest version of the Devon Discovery

One of the main problems with smaller rear entry vehicles is their lack of versatility. This, coupled with the extensive body surgery required to make them wheelchair friendly, means that they are comparatively expensive and their potential is often limited to a single user/owner.

A lot of people are put off by the thought of owning or driving a larger vehicle, whilst others fear that a van-type suspension is likely to cause acute discomfort. This latter fear is not without foundation, as many who have had the misfortune to travel in social services shuttles can confirm.

Improved access and space
Slotted in the mid-field, so to speak, is the new Volkswagen Transporter. It has the power unit and drive train up front so access and space is much improved, and it offers considerable scope for modification. Devon, with their long history of quality-related conversions, have not been slow to realise this.

The version I tried out was a long wheel base two-and-a-half litre petrol Transporter. It had the latest Travel lift by Ratcliff providing wheelchair access at the rear.

Up to three wheelchair users

together with four passengers can be accommodated. If you take out some of the wheelchair spaces, a maximum of ten passengers seats are available.

Flexible and friendly

This versatility makes the Discovery a highly flexible vehicle suitable for both taxi and community transport work. At the same time, the car-like ride and driving characteristics of the VW base unit means comfort and convenience for the family owner too.

On the road you get a comfortable jolt-free journey with a noticeable absence of bouncing and leaning making you feel safe and secure in all situations.

All round vision for the average wheelchair user is excellent, and far better than that offered by many small high-top units. The wheelchair passenger sits on the same floor pan level as his fellows so it feels more friendly and cosy too, with a tilting sunroof to enhance a feeling of light.

Sitting midship allowed me to talk to those up front without strain, although I was concerned at the engine noise level when pulling. More sound damping would help - it



The Volkswagen Transporter: on the road you get a comfortable and jolt-free journey

seemed noisier than the old rear-engined vehicles.

As one might expect interior trim quality is high, with matching carpeting and upholstery on the detachable seat units. The whole vehicle was eye-catching and smart - smart enough to turn a few heads as we sped through the country lanes.

Well constructed

Ratcliff's new Travel Lift is a serious stab at the private user market. As such it is well constructed, feels safe and secure and is simple and easy to use. Being hydraulic it should be free of many of the niggling switch problems which befall many of its rivals. Anyway Ratcliff's excellent dealer/service network ensures

you are never far from help should you need it.

However, on the test vehicle it rattles irritatingly. I was assured this was not normal and I subsequently discovered a similar unit fitted to a friend's Renault in Holland did not cause problems.

With the VW reputation for long life and reliability, the quality and versatility provided by the converters and the attractively priced Ratcliff Travel Lift, the Discovery deserves more than a passing glance for anyone considering investing in a wheelchair passenger carrying vehicle.

Externally it's an attractive vehicle, even in plain factory-fresh garb, and merges unobtrusively with the traffic. A little cosmetic attention

could have it rivalling competitors like the Chrysler Voyager.

Devon are able to offer a variety of options including ramps for side or rear access (steep and not so easy to use), fully automatic lifts, automatic transmission, diesel or petrol engines.

The price of the vehicle as tested including Travel Lift was £15,200. Opting for a short wheel base with 2 litre power unit would reduce the cost.

*Devon Conversions Ltd, Vulcan Works, Water Lane, Exeter EX2 8BY, tel. (0392) 211611.
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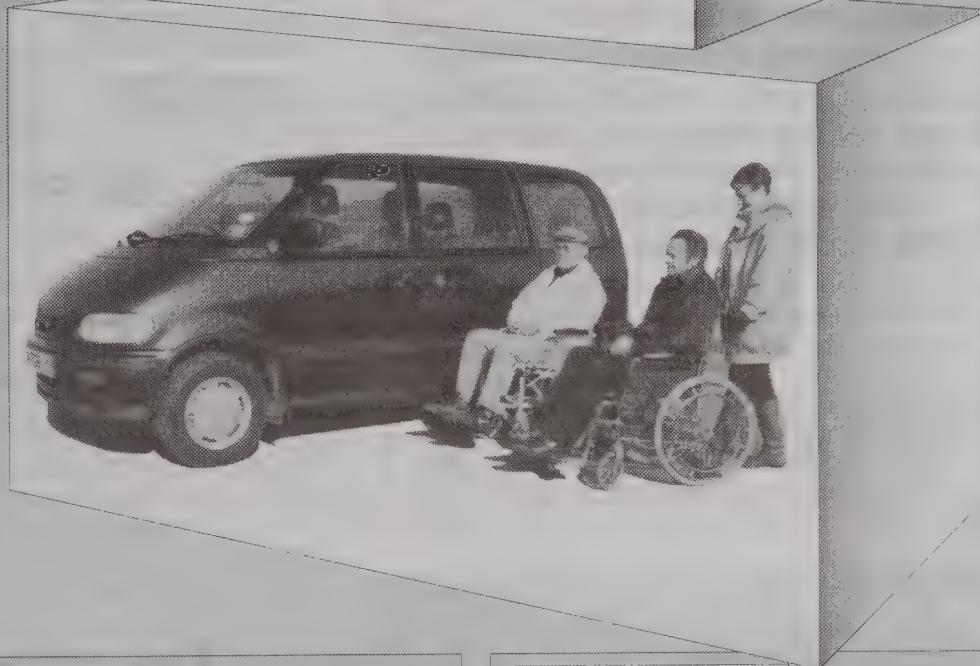
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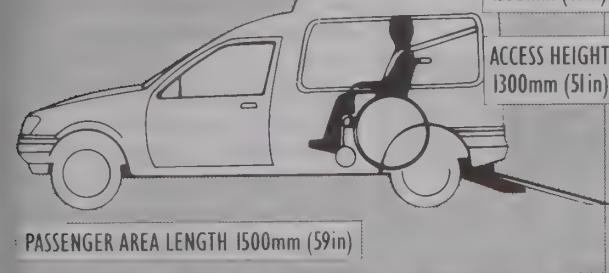
C
CONVERSIONS



VEHICLE HEIGHT 1840mm (72.4in)

INTERIOR
HEADROOM
1550mm (61in)

ACCESS HEIGHT
1300mm (51in)



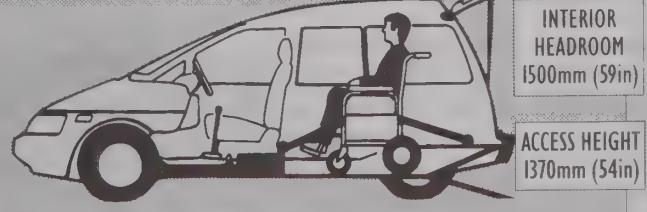
PASSENGER AREA LENGTH 1500mm (59in)

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HEADROOM
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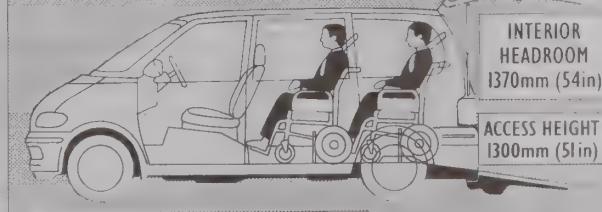
PASSENGER AREA LENGTH 1800mm (71in)

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Disabling Barriers - Enabling Environments
Edited by John Swain, Vic Finkelstein, Sally French and Mike Oliver
(Sage Publications, 6 Bonhill Street, London EC2A 4PU, £35 hb, £12.95 pb)

This book is primarily intended as a course reader for the Open University Diploma in Health and Social Welfare.

Its central premise is that disability is a product of the social environment and not centred in the individual, and that disabled people should have total control over organisations and services designed for their benefit.

Three of the editors are leading figures in the disability world, and the list of contributors reads like a roll of honour from the movement:

Jenny Morris, David Hevey, Elspeth Morrison, Colin Barnes, Ken Davies, etc.

Very little in the book is new, and at times I found myself wondering just who the contributors were writing for. Most of the papers quote as sources and references other writers in the book - sometimes even other papers. This creates an incestuous effect, as if they are writing as much for the admiration of their fellow disabled academics as for a general audience.

For those of us who work with disability issues every day, this will prove an invaluable reference book. But it is hardly something which most general readers will find accessible. This would not matter, given the purpose of the book, except that it illustrates what I see as a problem which the disability movement has yet to resolve. That to be passionate,

MUSIC FOR PEOPLE WITH LEARNING DISABILITIES

Miriam Wood



Music for People with Learning Disabilities is for anyone who wants to organise musical activities. Souvenir Press, 43 Great Russell Street, London WC1B 3PA. £8.99.

idealistic and intellectually sound is never enough. It is also necessary to be relevant to real situations.

I'm not sure how many disabled people would read the

arguments in this book and see their relevance to the situations in which they have to survive. In many instances, this is a pity. The fact that it is designed for university students dictates that it will have an academic style; the problem is that almost everything that these writers produce is academic and remote. Disability is more than an interesting socio-political phenomenon. It is the most significant factor in many people's lives. Some of these writers, mostly women, appear to acknowledge this. Too many do not.

Glynn Vernon

The Parkinson's Disease Handbook

by Dr Richard Godwin-Austen (Sheldon Press, SPCK, Marylebone Road, London NW1 4DU, £5.99)

With its gentle-on-the-eye print, useful size (not too bulky to hold in a precarious grasp) and pleasing style, this

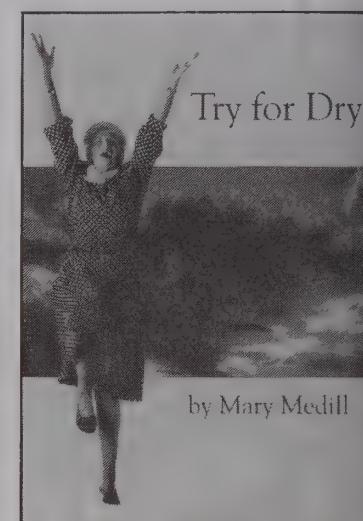
handbook makes easy reading.

Much of the information will already be known to people who have had the condition for some time, but it has been gathered into a logical order, readily informing anyone new to Parkinson's.

Many points, perhaps only vaguely understood, became clear. There is sound practical advice for the newly diagnosed, and some timely reminders for the rest of us.

The medication commonly used is explained very well, so that you can understand how each particular drug works. This gives you the opportunity to make small, but possibly significant, adjustments to your regime.

Much emphasis is laid on the importance of regular exercise and how vital it is to



Try for Dry, 5th edition, is for people with incontinence and their carers. Has sold over 50,000 copies since it was first published in 1989. Care Taker Ltd, The Mead House, Sherborne, Gloucester GL54 3DR. £5.50.

keep physically and mentally active. I can vouch for this, and for the almost irresistible temptation to retire into your favourite chair for longer and longer periods. In the end, this only encourages the grip the condition has on you.

The additional problems of old age are discussed helpfully and the book concludes with a comment on research and hopes for a cure.

An interesting appendix, written by a man who contracted Parkinson's when he was only 36, inspires the reader to greater efforts. A second appendix gives a useful list of the drugs used in the treatment of Parkinson's, and a third lists relevant names and addresses.

All in all, a neat little handbook for everyone with the condition and their carers

Ivor F Standen

STOP PRESS

The best-selling biography of the Princess of Wales, *Diana: Her True Story*, is out on tape. Also new: Dickens' *A Christmas Carol*. Simon and Schuster, West Garden Place, Kendal Street, London W2 2AQ. Both £7.99.

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The sport of kings

Peter Greaves puts you under starter's orders for a day at the races

Having always been a fairly active sportsman, I was very lucky that when I developed Multiple Sclerosis (MS) and was no longer able to play sport, I could still pursue my interest in horse racing.

As a schoolboy I was taken to my first horse race at Cartmel and ever since I have been fascinated by the "sport of kings". The whole atmosphere - the horses, the

Improvements have been made at many courses recently so the majority now offer acceptable or even excellent facilities for disabled racegoers.

It may be wise to find out the latest situation before attending a course by telephoning the relevant racecourse manager. I have always found them to be extremely helpful and also

One of the great advantages of racing as a spectator sport is that you can vary your involvement to suit yourself. There are many courses where you can park your car and picnic close to the racecourse and just watch the horses during the races. Or you can watch the horses being saddled, see them in the parade ring, have a flutter, watch the race, welcome the winners into the unsaddling enclosure and, if it's your lucky day, collect your winnings!

There are bars, restaurants and accessible toilets. The *Guide* will help you locate all these facilities. Also included are maps and directions to each course as well as a map of Britain showing the location of each course and whether it has racing on the flat, over jumps or both.

Flat meetings are held from March to November and jumps from July to May. If you've never been racing before, I would recommend you attend a small jumps meeting and avoid the major race days with big crowds until you have found your way around.

Racing in Britain takes place six days a week, both in the afternoons and evenings in summer. The first ever floodlit meeting is due to take place at Wolverhampton on Boxing Day this year.

If you want to increase your involvement still more, you



A visit to the stables before race day

jockeys, the trainers, the owners, the bookies and the wide spectrum of people involved is enthralling.

My interest grew whilst living in Zambia in the 1970s when I learnt to ride and experienced the thrill of riding in a couple of amateur races.

I joined a racing club when I returned to this country. The club was an early venture to help the general public become involved in racehorse ownership.

I thought my racing days were over when my MS began to cause me problems with walking. But I was determined not to miss one of our horses, Bishop's Yarn, running at Cheltenham so I hired an electric scooter. It was terrific to be able to get about again.

I bought my buggy and started a survey of facilities for wheelchair users at British racecourses. I contacted one or two courses and was very encouraged by the responses I received. Over the following years, I wrote to all 60 of our racecourses, visited as many as I could, and collated comments from numerous other racegoers.

To encourage other wheelchair users to share in the fun I have compiled the *Disabled Racegoers' Guide*.

interested in hearing about ideas for improvements. A telephone number has been included in every course description in the *Guide*.



Peter with Distant Ruler in the winners' enclosure at Sandown Park

PADDOCK STUDIOS

tend to be wheelchair friendly as there are no flights of steps.

My involvement with racing gives me terrific pleasure. Why not buy the *Guide*, go racing and join in the fun!

The Disabled Racegoers' Guide. £3 from the Spinal Injuries Association (SIA), PO Box 8, Market Harborough, Leics. LE16 9QB. (Proceeds to SIA) For the Highflyer's Racing Club brochure, tel: (0256) 896263.

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Tried and tested

This month's cut-out-and-keep guide looks at Disabled Living Centres

Disabled Living Centres (DLCs) have aids and equipment on display which you can try out. They also give impartial advice to help you decide which product or service suits you best, and most do assessments and training.

Aberdeen

Hillylands DLC, Croft Road, Mastrick, Aberdeen AB2 6RB, tel: (0224) 685247.

Aylesbury *

Stoke Mandeville Independent Living Exhibition, Stoke Mandeville Hospital, Mandeville Road, Aylesbury, Buckinghamshire HP21 8AL, tel: (0296) 315066.

Belfast

DLC, Regional Disablement Services, Musgrave Park Hospital, Stockman's Lane, Belfast BT9 7JB, tel: (0232) 669501 ext 2708.

Birmingham

DLC, 260 Broad Street, Birmingham B1 2HF, tel: 021-643 0980.

Blackpool *

DLC, 8 Queen Street, Blackpool, Lancashire FY4 3QE, tel: (0253) 21084.

Bodelwyddan *

North Wales Resource Centre for Disabled People, Ysbyty Glan Clwyd, Bodelwyddan, Clwydd LL18 5UJ, tel: (0745)

583910 ext 4525.

Bromley *

BATH, Lewis House, 30 Beckenham Road, Beckenham BR3 4LS, tel: 081-663 3345.

Caerphilly *

Resources (Aids & Equipment) Centre, Wales Council for the Disabled, "Llys Ifor", Crescent Road, Caerphilly, Mid-Glamorgan CF8 1XL, tel: (0222) 887325.

Carmarthen *

Cwm Disability Centre for Independent Living, Coomb Cheshire Home, Llangynog, Carmarthen, Dyfed SA33 5HP, tel: (0267) 83743.

Cardiff

DLC, Rookwood Lodge, Rookwood Hospital, Fairwater Road, Llandaff, Cardiff, South Glamorgan CF5 2YN, tel: (0222) 566281 ext 3751.

Colchester *

DLC, Occupational Therapy Department, Colchester General Hospital, Colchester, Essex, tel: (0206) 853535 ext 2172.

Edinburgh

Lothian DLC, Astley Ainslie Hospital, Grange Loan, Edinburgh EH9 2HL, tel: 031-447 6271 ext 5635.

Exeter

Independent Living Centre, St Loye's School of Occupational Therapy, Millbrook House, Topsham Road, Exeter EX2

6ES, tel: (0392) 59260.

Huddersfield *

Level Best, The Charity, Access Point, Zetland Street, Huddersfield, West Yorkshire HD1 2RA, tel: (0484) 453000.

Hull *

St Hilda House, National Demonstration Centre, Kingston General Hospital, Beverley Road, Hull HU3 1UR, tel: (0482) 225034.

Inverness

DLC, Occupational Therapy Department, Raigmore Hospital, Inverness IV2 3UJ, tel: (0463) 704000.

Leeds *

The William Merritt DLC, St Mary's Hospital, Greenhill Road, Leeds LS12 3QE, tel: (0532) 793140.

Leicester

DLC, British Red Cross Medical Aid Dept, 76 Clarendon Park Road, Leicester LE2 3AD, tel: (0533) 700747.

Lewes *

East Sussex Association for the Disabled, 47 Western Road, Lewes, East Sussex BN7 1RL, tel: (0273) 472860.

Liverpool

Merseyside Centre for Independent Living, Youens Way, East Prescot Road, Liverpool L14 2EP, tel: 051-228 9221.

London

The Disabled Living

Foundation, 380/384 Harrow Road, London W9 2HU, tel: 071-289 6111.

Macclesfield *

DLC, Macclesfield District General Hospital, Victoria Road, Macclesfield, Cheshire SK10 3BL, tel: (0625) 661740.

Manchester

Regional DLC, Disabled Living, Redbank House, 4 St Chad's Street, Cheetham, Manchester M8 8QA, tel: 061-832 3678.

Middlesbrough *

Department of Rehabilitation, Middlesbrough General Hospital, Ayresome Green Lane, Middlesbrough, Cleveland TS5 5AZ, tel: (0642) 850222 ext 158.

Newcastle upon Tyne

Newcastle upon Tyne Council for the Disabled, The Dene Centre, Castles Farm Road, Newcastle upon Tyne NE3 1PH, tel: 091-284 0480.

Nottingham

Disabilities Living Centre, Lenton Business Centre, Lenton Boulevard, Nottingham NG7 2BY, tel: (0602) 420391.

Paisley *

Disability Centre for Independent Living, Community Services Centre, Queen Street, Paisley, Strathclyde PA1 2TU, tel: 041-887 0597.

Portsmouth

The Frank Sorrell Centre, Prince Albert Road, Eastney, Portsmouth PO4 9HR, tel: (0705) 737174.

St Andrews

St David's Centre, St Andrews, Fife KY16 8BD, tel: (0334)

74790.

Semington

Semington DLC, St George's Hospital, Semington, Wiltshire BA14 6JQ, tel: (0380) 871007.

Shrewsbury

Shropshire Disability Resource Centre, Lancaster Road, Shrewsbury, Shropshire SY1 3NJ, tel: (0743) 344599.

Southampton

Southampton Aid & Equipment Centre, Southampton General Hospital, Tremona Road, Southampton SO9 4XY, tel: (0703) 796631.

Stockport

DLC, St Thomas' Hospital, Shawheath, Stockport, Cheshire SK3 8BL, tel: 061-419 4476.

Swansea *

Disabled Living Assessment Centre, St John's Road, Manselton, Swansea SA5 8PR, tel: (0792) 580161.

Swindon

The Swindon Centre for Disabled Living, Marshgate, Stratton Road, Swindon, Wiltshire SN1 2PN, tel: (0793) 643966.

Welwyn Garden City

Hertfordshire Association for the Disabled, The Woodside Centre, The Commons, Welwyn Garden City, Herts, AL7 4DD, tel: (0707) 324581.

* These centres may only offer a smaller range of equipment. For further details contact DLC Council, 286 Camden Road, London N7 0BJ, tel: 071-700 1707.



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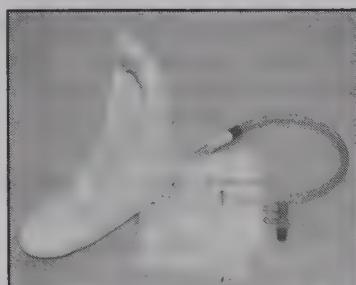
Coping with the last great taboo

This month Checkout looks at one of society's last great taboos, or plain old continence problems to you and me. A *British Medical Journal* survey has estimated that three percent of men and almost 11 percent of women under 64 had accidental leaks at least twice a month.

With the "shush you'd never know" theory in mind, C-Demp have come up with **Hearts and Armour**, what they call a "lacy little number". The knickers (*below right*) have a waterproof gusset and will accommodate most incontinence pads. They are made of stretchy lycra that fits the body, so the pads are kept securely in place. Available in limited numbers in sizes 34in-

56in hip. £9 (inc p&p). Tel: (0642) 227544.

The **Integrity** from Bard could be the answer for men who need to wear a penile sheath but have difficulty



Bridge portable urinal

fitting it themselves. The one-piece sheath comes with an applicator and is easily handled by a carer, even when wearing

gloves. Available only on prescription. For a sample, contact Bard. Tel: (0293) 527888.

If you often have difficulty reaching a toilet, the **Bridge Urinal** (*left*) from Beambridge Medical is portable and reusable. It is designed to fit under your body and can be used in a sitting position by men or women. £12.99. Tel: (0483) 234393.

Also from Beambridge Medical is the **Bridge Catheter Case**. The case, which also doubles as a soak tray to immerse the catheter in water before use, may solve your storage problems if you practice self-catheterisation and re-use the catheter. The moulded inner tray and wash/soak bottles come with the pack or are sold separately. Normal price £7.99. Available to *DN* readers for £6.99 if you mention the paper. Tel: (0483) 234393.

If you, or someone in your family, occasionally wets the bed at night, a **Mattress Cover** from Boots may help. Made of nylon, it has a waterproof, odour and stain



Keep it clean with the SPA sitz bath

and incontinence wipes from Reed Shilling are large, thick, moist wipes, saturated with a gentle skin cleansing and disinfecting solution. £4.43 for 100 wipes. Tel: (0235) 510699 for details of your local stockist.

People with limited mobility or those who have just had an operation may find it difficult to have a full bath. The **SPA Sitz Bath** (*above*) could be the answer to your personal hygiene problems. It fits on top of the toilet pedestal and is filled with warm water. A reserve bag of warm water is put on top of the cistern. After washing, you open a valve which allows the warm water

in the reserve bag to be used for rinsing. Excess water flows into the toilet. £18 (inc VAT and p&p). Tel: (0926) 422427.

Finally, disposing of incontinence pads can be a messy problem. Process Improvements have come up with a solution. The **Sangenic** is a light, portable tub containing a cassette of strong film. Dirty pads are put in the tub, the top is twisted and the pad is sealed in plastic film. To empty the unit, you open the bottom of the tub and remove the chain of sealed pads which can then be put out with the rest of your rubbish. £19.95. Tel: (0276) 684826.

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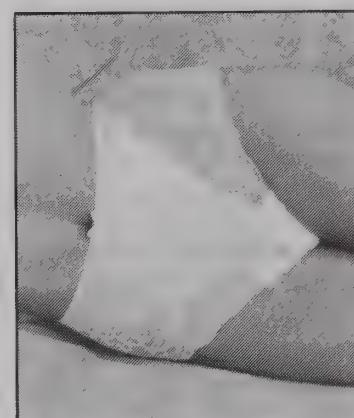
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Share Your Problems

Fancy swinging from the chandelier?



Ann Dambrough, DN, 12 Park Crescent, London W1N 4EQ

A man once said to me "Come with me and we'll swing from the chandeliers together". Yes, really. He, no doubt, had wild and interesting sexploits in mind. He wasn't to know that just swinging off the bar stool I was perched on would prove a challenge. I didn't fancy him anyway.

Can anyone say why we are attracted to some people and not to others? Fortunately, we each have different views about the sort of person who turns us on. Usually it is based on a mixture of appearance and personality, an individual magic mix that has to be there before we fall in love.

Let them stare

Sometimes, though, looking different can be an obstacle, when people see the disability and not the person. Mary and John have been married for over 20 years and have two children. Nothing unusual in that. The fact that Mary uses her feet instead of her hands and arms (the result of having polio as a baby), doesn't bother either of them. John says, "I

never thought of Mary as disabled." Nevertheless, Mary finds the response of others disturbing. "I realise that people look at me once, but some people just go on staring and I can't take it."

Lonely hearts

In July, I raised a question about one or two men who had advertised in DN's "Find a Friend" column, seeking women who wear callipers. "A polio wife" (no name given) asked why I should be disturbed at the request.

"Men who advertise in lonely hearts columns often specify things they seek in a companion - tall or short, slim or buxom, red head or blonde," she wrote.

"High heels are also known to be attractive to men, and we ladies choose our glasses with great care. The list goes on. So why should you be shocked to read of an able-bodied male seeking a lady who walks with callipers?"

"I know from experience that for some men the attraction of a lady is enhanced

by callipers. My husband is a case in point. The important thing, surely, is not what brings a man and woman together initially, but how the subsequent relationship develops. My husband and I have been together now for 17 happy years."

A very fair question and one which I find difficult to answer. I hope other readers will respond. One of the best things about Share Your Problems is that we can share different views, making us really think about the things that concern so many of us.

A different view

Muriel, for instance, took a different view of the "calliper" advertisement. She wrote: "I would never reply to this sort of advert. Is he saying that any worse disability would be impossible for him to cope with? I choose my friends for the same reason as anyone else - because of shared interests and common goals.

"I agree with Imogen, the reader in the July edition who was concerned to know whether she was liked for herself or her disability. It is always difficult to know whether a man is interested in you sexually or is just 'being nice', especially when disabled people are continually being given mixed messages.

"When the prospective partner is able-bodied the confusion is greater. Past experiences have often resulted in men needing a shoulder to cry on. But when you 'dare' to respond in a sexual way, they quickly move on. Men often

feel safe with a disabled woman but are not necessarily looking for anything else. It would be more honest to state this at the beginning.

"But, to be positive, it's *okay* to be disabled. Like the rest of the general public, we have a lot to offer. We must show by our ability to like ourselves the way we are, that we too are sexual beings with sexual needs which, given the right person as a partner, can lead to fulfilling relationships."

In May, one woman suggested that "men's preoccupation with sex overwhelms their desire for love and companionship". Robert (not his real name) disagrees. "Although men do have strong sexual urges they also have a great need for love and affection," he wrote.

Men more understanding?

He also takes issue with the view that able-bodied men reject disabled women socially: "This may be true, but it is equally true of able-bodied women who discriminate against disabled men in the social context. In fact, I think men are often more understanding and sympathetic with regards to disability.

"Moreover, aren't these women with disabilities who complain of men's attitudes equally prejudiced in seeing a potential partner only in terms of an able-bodied man?"

"One thing I do agree with is that disability can be very isolating. Perhaps this will only change when the attitudes of both sexes are changed!"

Isolation can be a very depressing business. How we handle loneliness affects everything we do. If we let it

overwhelm us (and how many of us have not given in at times), we will not be able to enjoy company and the good things that go with it when they do come along.

An interesting book came my way this month, *Letting Go of Loneliness: A Positive Approach*. This is not a book about where to go and how to meet people. Instead, it suggests ways in which loneliness can be seen as an opportunity for personal growth. I don't have enough space to review the book, so I will let a passage from it speak for itself: "Once you and I are no longer afraid of loneliness, we are on our way to walking with life in a more magnificent state, that of the alone. You and I, the alone, enjoy both people and solitude. We flow with both the good times and the not so good times. We do belong, we are here for a reason, though what it is we may never understand. We are not a forgotten pea mistakenly left by itself in a pod. We are part of the family of life. We are part of nature."

Let's get together

Many readers must have experienced loneliness - we all do. Do you have ways of coping that you could share with us? Please write.

Another issue for us to share is the role of charities. Are they saints or sinners, good Samaritans or do-gooders, empowering or patronising? I look forward to a bumper mailbag!

Letting Go of Loneliness, by Gina Levete. Element Books Limited, Longmead, Shaftesbury, Dorset, SP7 8PL, £6.99.

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ALEXIS 1

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CAREHOUSE
DESIGNER DISABLED APPLIANCES

... NEWS QUIZ ... NEWS QUIZ ... Answers page 39

1. Which writer publicly criticised BBC management?
2. Which football club lost a director after a bitter legal wrangle?
3. In which country were children rescued from a religious cult?
4. Who is the British competitor in the World Chess Championship?
5. Which Shakespeare play was released as a film?

6. Which pop star was accused of sexually abusing a child?
7. Which ex-Beatle played concerts in London?
8. Which country had a minute's silence to mark an official day of peace?
9. Which newspaper cut its cover price?
10. Which 1960s pop star made a comeback on *Top of the Pops*?

September winner

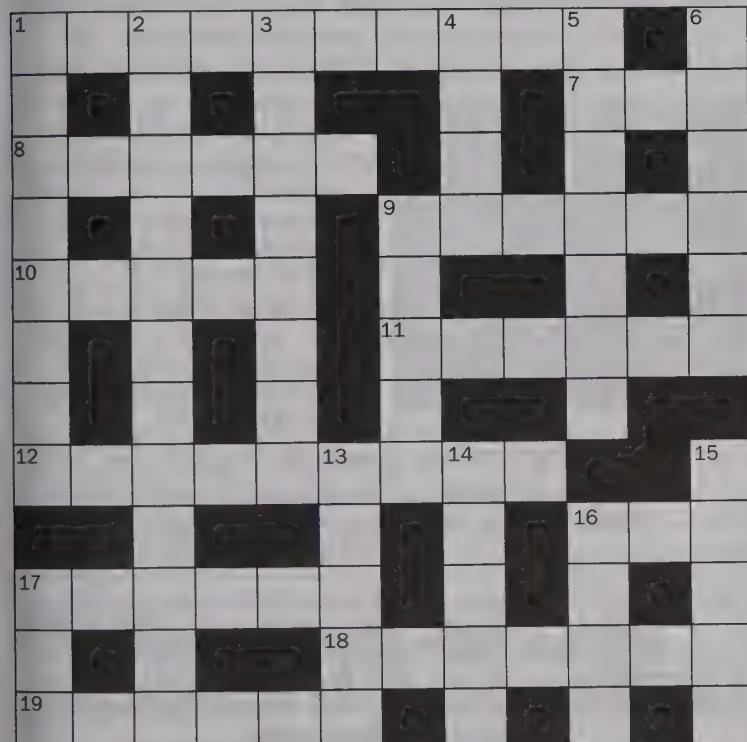
The £10 prize goes to Kim Chamberlain of Chorley, Lancashire. As the police officer confidently raises his arm he is saying "And that's the shop where I bought this deodorant."

Thanks for all your funny captions. We like a laugh, so keep them flooding in.

DN's crossword

Answers page 39

COMPILED BY REBECCA REYNOLDS

**ACROSS**

1. Charity for elderly people (3,7)
7. Consume (3)
8. Quantity of wheat? (6)
9. Sounds like a clever boy (6)
10. Tall and thin (5)
11. Offer for consideration (6)
12. Voyager (9)
16. See 17 down
17. Rob Ken (anag.)
18. Ruler (7)
19. Silence is (6)

DOWN

1. Able to walk (8)
2. Distilled perfume (9,3)
3. Singly (3,2,3)
4. Always (4)
5. Worried (7)
6. Opposite of 7 across (6)
9. Path for 12 across (5)
13. Type of material (5)
14. Run away to marry (5)
15. Trap (5)
16. Set on fire (4)
- 17, 18 across. London clock (3,3)

JOKE SPOT

- Q. What do you call a man with a car on his head?
A. Jack
Q. What's the fastest cake in the world?
A. Seone
Got a good joke? Send it to DN, 12 Park Crescent, London W1N 4EQ.

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a £10 prize

Create-a-caption

When the Birmingham Boxfile Company held a competition for staff to name a new product Martin Parry (right), who is employed on a Spastics Society sheltered placement scheme, came up with the million-selling name, Box-All. Here he cuts a celebration cake. But what could he be saying as he sticks the knife in?

Send your answers to DN, 12 Park Crescent, London W1N 4EQ by 7 October.

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Tel: 061-866 8080 Fax: 061-866 8233

The Doings of Dan Nugent ("DN" to his friends) by Rigby

INFO

Beckenham Bluebirds Wheelchair Basketball Club is looking for new members in Bromley, London. For more information, contact Mat Parker at the London Borough of Bromley Sports Development Unit, tel: 081-290 4000.

The Disabled Photographer's Society (DPS) has a series of fact sheets, including *Darkroom Safety* and *Using a Camera with a Left Hand*. All are free. Send a SAE to DPS, PO Box 130, Richmond, Surrey TW10 6XQ.

Your Benefit, the ninth edition, has been published by the Royal National Institute for the Blind in a variety of languages and formats, including Chinese, Greek, Turkish and Welsh. £1 for individuals, £3 for organisations, from RNIB Customer Services, PO Box 173, Peterborough PE2 6WS, tel: (0345) 023153.

The Coventry Unemployed Workers Disability Project runs free courses to help with confidence building and assertiveness, job search and disability information as well as free disability awareness training tailored to organisations' needs. Contact Sarah Lewis, tel: (0203) 670910.

Heathrow Travel-Care (HTC) produce a free booklet for people with special needs using the airport. For a copy,

contact HTC, Room 1214, Queen's Building, Heathrow Airport, Hounslow, Middlesex TW6 1JH, tel: 081-745 7495.

Help Starts Here, a guide for parents of children with special needs, is available in batches of ten (£15.66) or 100 (£91) from Book Sales, National Children's Bureau, 8 Wakley Street, London EC1V 7QE.

Information Kit to support the International Day of Disabled Persons (*below*), 3 December, is available in English, French, Spanish, large



print, braille and on tape. Single copies free to organisations of disabled people. Others are asked for a donation towards printing costs. Disability Awareness in Action, 11 Belgrave Road, London SW1V 1RB.

Disabled Women Celebrate - an Evaluation Report details the debate of a group of dis-

abled women who planned and ran a disabled women's day. Available in print and braille and on tape or disk. £2.50 from Action on Disability and Development, 23 Lower Keyford, Frome, Somerset BA11 4AP.

Our Relationships, Our Sexuality, a booklet from Young Arthritis Care looks at the problems people with arthritis face forming a relationship in a society where physical perfections seems to be an obsession. £3 (inc p&p) from Young Arthritis Care, 18 Stephenson Way, London NW1 2HD.

The 1993/4 In Touch Handbook is available in print, braille and on audio cassette. £16.50 (make cheques payable to Broadcasting Support Services) from In Touch 1993/4 Handbook, PO Box 7, London W3 6XJ.

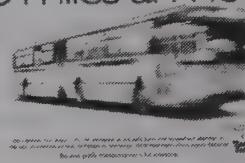
The Cooperative Bank has launched an Interest Bearing Current Account for Voluntary Organisations. Contact your local bank for more details.

Merseytravel has extended its free travel policy for disabled people to include people with Alzheimer's disease. To qualify, you just obtain a doctor's note and undergo a brief medical examination. Contact Merseytravel, 24 Hatton Garden, Liverpool L3 2AN.

The Lambeth Coalition of Disabled People has moved to Barstow Crescent, Palace Road, London SW2 3NS, tel: 081-671 8892, minicom: 081-671 9179.

The Americans with Disabilities Act Resource Catalog 1993 (*below*), designed to help people implement the Act, is

Thanks to the Americans with Disabilities Act, wheelchairs can now go 55 miles an hour.



free from Administrative Services Department, National Easter Seal Society, 70 East Lake Street, Chicago IL60601, USA, tel: (0101-312) 726 6200.

An Introduction to Cochlear Implants, a National Association of Deafened People (NADP) guide costs £2.50. Contact NADP, c/o Mr Harold

Grant, 56 Park View, Winchmore Hill, London N21 1QX.

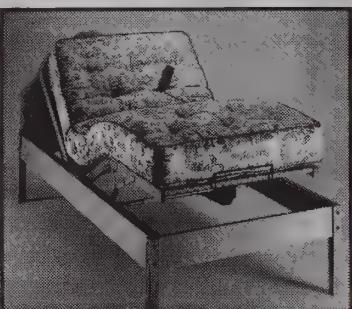
Can Everybody Reach You? Improving Library Services for Blind and Partially Sighted People is free in large print, braille and on tape. Large print copies from The Library Association, 7 Ridgmount Street, London WC1E 7AE, tel: 071-636 7543. Braille and tape copies from Community Education Office, RNIB, 224 Great Portland Street, London W1N 6AA, tel: 071-388 1266.

COMPAID Trust runs a computer advice and teaching centre for people with disabilities. It is open to anyone with a disability. Contact COMPAID Trust, Pembury Hospital, Tunbridge Wells, Kent TN2 4OJ, tel: (0892) 824060.

Athritis News now has a new full colour magazine format making it easier to hold. For a free sample copy, contact Belinda Canham, *Arthritis News*, 18 Stephenson Way, London NW1 2HD.

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FOR MORE INFORMATION CONTACT:
David Wenman Associates, Dept. 19, The Paddocks,
Debden Farm, Barford, Nr. Warwick CV35 8DA.
Telephone: 0926 624432.

WHAT'S ON

Leisure Options Conference, on leisure options for disabled people. 19 October in Colchester. £5. Contact Mark Leach, promotion officer, 11 Churchill Park, Colwick, Nottingham NG4 2HF.

The General Practice, the Health Commission and their Contract. An evening lecture in Southampton, 19 October. Free. For more information contact Clare Philo, administrative assistant, Institute for Health Policy Studies, Faculty of Social Sciences, The University, Southampton SO9 5NH, tel: (0703) 593394.

Countrywide Workshops' Grand Autumn Fair. A sale of work by disabled people, 19 October in central London. More details from Valerie Wood-Gaiger, Countrywide Workshops Charitable Trust, 47 Fisherton Street, Salisbury, Wiltshire SP2 7SU, tel: (0722) 326886.

Scottish Association for Mental Health Annual Conference. 1-2 November in Edinburgh. £75 per day, free for unwaged people (apply in advance). Further details from the conference organiser, SAMH, Atlantic House, 38 Gardner's Crescent, Edinburgh EH3 8DQ, tel: 031-229 9687.

The Disabled Users' Caravanning Show. 3-4 November in Godmanchester, Cambridgeshire. For details contact Dealer Development Services, Park House, Park Lane, Manby, Lincolnshire LN11 8UF, tel: (0507) 327 172.

Talking Liberties, a national conference on human rights in Britain. 13 November in central London. £22 for voluntary organisations and trade unions, £35 for commercial or statutory organisations. For further information contact Marie Ryan, Liberty, 21 Tabard Street, London SE1 4LA, tel: 071-403 3888.

Disabled People and the Arts. A training course 16 November in Manchester. £45. Contact Michele Brookes, co-ordinator, Disability Action Training Project, Greater Manchester Coalition of Disabled People, Unit 33, Cariocca Business Park, 2 Hellidon Close, Ardwick, Manchester M12 4AH, tel: 061-273 5223 (voice and minicom).

Controversies in Cerebral Palsy. A conference in Plymouth, 19-20 November. £90 for doctors, £45 for other professionals. Contact the co-ordinator, the Trengweath Trust, c/o Trengweath School, Hartley Road, Plymouth, Devon PL3 5LP. Tel: (0752) 770978.

Castle Priory
Introduction to Personal Relationships and Sexuality, 2 November, £60
Makaton Symbols Workshop, 6 November, £60
For details contact Castle Priory, Thames Street, Wallingford, Oxfordshire, OX10 OHE, tel: (0491) 837551.

Portage is an educational home visiting service for families of young children with delayed development. Teresa Gallagher, a portage worker with the London Borough of Ealing, is doing a paper on delivering portage in a multicultural society. She wants to hear from families and professionals who work with children from Asian and Afro-Caribbean backgrounds. Her address is 11 Rydal Crescent, Perivale, Greenford, Middlesex UB6 8EA, tel: 081-998 2218.

Do you have eczema? Heather Lindsay is writing a self-help book and wants to hear from people who have eczema or who have treated it. She is particularly interested in anyone who has tried complementary medicine or special diets. Contact her at 21 Ennismore Avenue, Guildford, Surrey GU1 1SR.

Banstead Mobility Centre is looking for volunteers to take part in a research project investigating the car control requirements of drivers with upper limb disabilities who have no walking problems and therefore are not entitled to Mobility Allowance. If you fit the bill and have a full or provisional licence, write for an information sheet and application form to Banstead Mobility Centre,

MOVES

Karin Gray is the new national development officer at the Handicapped Adventure Playground Association. Liz Haigh is now fundraising director at the Cystic Fibrosis Trust. David Heywood is the new chairman of Remploy.

HELP!

Damson Way, Queen Mary's Avenue, Carshalton SM5 4NR, tel: 081-770 1151.

Fareham Access Group is looking for disabled volunteers to help them with a survey of access in the borough. Contact

Roger Carver, Fareham Council of Community Service, 5 Osborn Road South, Fareham, Hampshire PO16 4DE, tel: (0329) 231899.

John Sule Bukari, a disabled student from Ghana, walks with calipers and crutches but cannot afford a wheelchair. If you can help, contact him at PO Box 1133, Koforidua, East Region, Ghana, West Africa.

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VAUXHALL ASTRA, Y reg. Hand controls, power steering, MOT. £700. Tel: 081-368 5368 (North London).

FIAT FIORINO, C reg, 23,000 miles. Rear wheelchair access, electric winch, sun-roof, telescopic ramps, interior seats. Completely refurbished, excellent condition, 10 months MOT. £3,650 ono. Tel: (0932) 844888.

BEC STERLING XL SCOTTA, vgc, with extras. Rarely used, serviced, will accept £200 ono. Tel: (0622) 688 365.

Universal Hand Control
Fits all automatics in minutes. Test driving or hiring; the Lynx Hand Control for total driving freedom. Ring Lynx Hand Controls Ltd. on 0695 573816.

RENAULT EXTRA (Poynting Conversion to take wheelchair user). F Reg, 39,000 miles, excellent condition. Many extras, including car alarm, bench seat. £6,500. Tel: (0332) 66352 (Derby).

POSITELEC POIRIER PE45, as new, excellent condition. Cost £3,000, sell for £2,000 ono. Joyce Carle, Flat 12, Rosebank, Upper Springland, Isla Road, Perth. Tel: (0738) 38183.

MEYRA ELECTRIC WHEELCHAIR, 20 in. Front wheel drive for kerb climbing. Winker lights, new batteries. Adapted to load into Montego Estate, £950. Also Hodge Hoist, £200. Elap swivel seat £250. All good condition. (0375) 672088, Essex.

STERLING ELECTRIC TRIKE. New '92, unused. Cost £2,000. Fits in car boot. Accept £1,200 o.n.o. Tel: (081) 205 0496.

SAFARI PETROL POWERED road and pavement vehicle. 8mph, with hood, heater and lights. Vgc, £2,225. Tel: (0793) 750395.

WEATHER HOOD for Bec scooter. Cost £300, accept £150. (0733) 65640.

FIAT EXPLORER, G reg, 15,800 miles. Power belt, access ramp for wheelchair, manual/semi-auto. £5,000 ono. Tel: (0722) 742528 (Salisbury).

RENAULT TRAFIC 1.7, 5 speed, lined, carpeted, countersprung rear ramp, wheelchair clamps, swivel front passenger seat, ample equipment space or convertible for more chairs. G Reg., 13,000 miles, £5,400. Tel: (0602) 259237.

ELECTRIC WHEELCHAIR, 6 months old. Dismantles to fit car boot. Insured May 1994. Cost £2,500. Sell for £1,450 ono. Tel: (0207) 284615.

UNWIN QUICKLIFT, only used twice, as new. £295. Tel: (0239) 811061.

FIAT FIORINO H reg, Devon Conversion, 4,000 miles, £6,000. Plus Vessa electric wheelchair, £1,000. Tel: (0438) 817008.

F REG METRO CHAIRMAN, 22,500 miles. Rear wheelchair access, MOT July. Vgc. £4,000. Tel: (0420) 478671.

PROPERTY FOR SALE
LARGE ADAPTED 3-BED SEMI-detached dormer bungalow. Lounge 20 x 18, large fitted kitchen with appliances. Tiled and fitted bathroom shower and Jacuzzi bath. Wessex lift to first floor. gch, dg. Secluded rear garden, not overlooked. Valued at £74,000. Accept £65,000 for quick sale, no offers. Tel: 061-775 0481.

PARTLY BUILT BUNGALOW, designed for wheelchair user to include lounge/dining area, master bedroom with en-suite and facility for hoist, two further bedrooms, garage, kitchen etc. Situated in Pencoed, Mid Glamorgan. Please Telephone Linda on (0685) 871934 for further details.

SWAP
QUADRA EXPRESS QR MAG WHEELS for QR spoked. Tel: (0253) 391808.

SEND US YOUR SMALLS...
...and make a big impression. Small ads in DN reach over 70,000 people for just £3 a line.

All small ads must be paid for in advance. If you want to advertise, please use the form on the left. Send it and a cheque for the total to Disability Now, 12 Park Crescent, London W1N 4EQ.

Classified lineage advertisements

Please use this form if you are a private individual and want to place a classified advertisement. Write clearly in block capitals. Remember to allow a space for each comma or full stop and a space between words. Use each space in the line even if you have to split words at the end.

(Part of the first line will be in bold capitals)

Continue on a separate sheet if necessary

Send this coupon with your name and address, daytime telephone number and a cheque for the total made payable to *Disability Now*, to: 12 Park Crescent, London W1N 4EQ. DN reserves the right to edit advertisements if necessary at no additional cost. Completion of this form does not guarantee inclusion in a particular issue. Sorry no refunds. DN is a non-profit making newspaper.

PROPERTY FOR RENT

INDEPENDENCE IN THE COUNTRY. A cottage in the Cotswolds has been luxuriously rebuilt for a disabled or elderly person(s). Ground floor apartment has large conservatory, spacious self-contained companion's flat above. Set in 2 acres maintained gardens. Assured shorthold tenancy. Please phone Mr. D. Leigh (0608) 65099.

WANTED

STAIRLIFT FOR £100+. Old but working will do. Will collect from anywhere. Tel: (0503) 264062.

HOLIDAYS

Kings Sailing for the disabled. Sailing cruises for disabled and/or abled bodied people. With only four guests to care for the skipper and crew can provide that most essential personal touch. Sit back and enjoy or become totally involved, the choice is yours. Most competitively priced. Details: Tom or Anne King (0963) 34767. Or write to 5 Rowan Close Wincanton, Somerset BA9 9SG.

Winged Fellowship provides respite care for severely physically disabled people and their carers at five UK holiday centres. One-to-one care. Write/phone for brochure: Angel House, 20-32 Pentonville Road, London N1 9XD (tel: 071-833 2594).

HOTEL CIMON
1994 from £139 for
group bookings
7 days/6 nights B.B.E.M.
Please enquire

Price includes one full day and two half day coach excursions plus sing-a-long, bingo, karaoke night, and fancy dress party night. Full itinerary organised for the duration of your stay. Also optional trips to theatre, model village and boat trip etc.

For further details, Mrs Knott,
Torquay (0803) 294454.

Mar Y Sol - Tenerife. Wheelchair accessible apartments. Heated pool with hoist, restaurant, poolside bar, equipment hire. Ring today for video and cheapest prices on flights.

Algarve - Portugal. Wheelchair friendly luxury villas in Portugal with swimming pools or mini hotel with adapted rooms.

Sue Abbott, 123 Coppermill Road, Wraysbury, Staines, Middx TW19 5NX. Tel: (0753) 685718.

Picturesque COTTAGES in rural GLOUCESTERSHIRE. One for accompanied disabled visitors. Self-Catering - Provisions by request 2 miles off Junction 13 M5. Booking & Brochure Tel: (0452) 740204 Write: Teesdale, Whitminster GL2 7PN



**GLEBE FARM HOLIDAYS
SELF CATERING COTTAGES FOR
THE DISABLED**

Glebe Farm, Charles Brayford
Nr. Barnstaple, North Devon EX32 7PT
Telephone: 0598 710241
Open all year. Wheelchair accessible.
Equipment available.
Please contact: Valerie Boddington

GLAD

ADVOCACY CO-ORDINATOR

**GREATER LONDON
ASSOCIATION OF
DISABLED PEOPLE**
require a disabled
person to be the

For a self advocacy project working with young disabled people across London. The postholder will be responsible for a range of duties including setting up and facilitating self-advocacy groups, consultation services, developing training materials and producing a regular newsletter.

The post is funded for 2.5 (two and a half) years.

Salary: NJC Scale 6: (26-28) £16,191 - £17,148 (including London Weighting)

Closing Date: 18th October 1993

Further details and application form from
GLAD, 336 Brixton Road, London SW9 7AA. Tel/minicom: 071-274 0107.

GLAD is an equal opportunities employer.

Registered under the Charities Act 1960 293158.

PUBLIC NOTICE

**Waltham Forest requires a
TEMPORARY CONSULTANT ON
ACCESS TO SCHOOLS.**

This is a three month fixed fee consultancy of £3,000 plus expenses. Starting December 1993 or January 1994.

Aim: To carry out an access audit of all nursery and primary school buildings in Waltham Forest, to include physical access and facilities for people with sensory disabilities.

The consultant must have a thorough knowledge of access issues for all disabled adults and children and experience of access survey work.

This consultancy is open only to disabled people or to consultancies where disabled people are equal partners. The work involves surveys of buildings which currently have poor access.

For details, please contact: Ruth Bashall, Access Development Worker, Disability Unit on 081 527 5544 ext 4491 (voice and minicom).

Closing date: 8th November 1993.



An Equal Opportunities Employer

EXHIBITIONS

DUDLEY
Metropolitan Borough

PRESENTS

**WORK, TECHNOLOGY
& DISABILITY EXHIBITION**

The West Midlands' own Exhibition of equipment, training and employment for people with disabilities.

THURSDAY 4th NOVEMBER, 1993

.....11.30am - 5.00pm

FRIDAY 5th NOVEMBER, 1993

.....9.00am - 4.00pm

Dudley Town Hall

Admission Free: All Welcome

Wheelchair accessible

Sponsored by:



Midlands Electricity plc



HOTEL CIMON
1994 from £139 for
group bookings
7 days/6 nights B.B.E.M.
Please enquire

Price includes one full day and two half day coach excursions plus sing-a-long, bingo, karaoke night, and fancy dress party night. Full itinerary organised for the duration of your stay. Also optional trips to theatre, model village and boat trip etc.

For further details, Mrs Knott,
Torquay (0803) 294454.

PENROSE BURDEN NORTH CORNWALL
"1992 Holiday Care Award Winners"
Holiday Cottages designed for wheelchair users and their families. Rural setting with superb views. Dogs welcome. Wood burning stoves and daily meal service. Please ring or write for colour brochure. R&N Hall, Penrose Burden, St Beward, Bodmin, Cornwall PL30 4LZ. Telephone Bodmin (0208) 850277 or 850617.

**Genesis Course Leader
Part-time Tutor for EEC funded Course**

Required to lead a course designed to improve the employment prospects of people with disabilities in the arts and tourism.

This will be a part-time post of two full days each week for a fixed contract period to be agreed.

The post holder will have personal experience of working as a person with disability in the able community and have qualifications in adult education.

Salary to be negotiated.

For further details please contact: The Genesis Project, 171-175 Upper Hanover Street, Broomhall, Sheffield S3 7RR.

Please enclose S.A.E. marked course.

Closing date 14th October 1993.

MOBILE REPAIR SERVICE**TECHNICAL SKILLS IN COMMUNITY CARE****FEMALE/MALE TECHNICIAN**

Are you qualified and experienced in electrics or electronics? Do you also have skills in one or more of the following: appliance servicing, plumbing, gas, central heating or carpentry?

Mobile needs a technician to carry out a range of repairs in the homes of pensioners and people with disabilities in Hackney. You will need a driving licence and an understanding of the special needs of our users.

We are an Equal Opportunities Employer.

Salary: £17,176 - £17,676 (under review). Closing Date: 15th October 1993

Details from: MRS, 2 St Paul's Rd, London M1 2QN. Tel: 071-354 0557 (24 hrs).

**LANCASTER UNIVERSITY
STUDENT SERVICES DIVISION
Special Needs Projects Officer**

Applications are invited from graduates or those with equivalent experience and/or qualifications for this 10 month temporary post, to commence 1 November 1993. Some work experience in a related area is desirable.

The Projects Officer will examine ways in which services to students with special needs can be extended by undertaking a series of specific investigations, making reports and where practicable, implementing their recommendations. He/she will be responsible to the Special Needs Adviser and work within the Student Support Section of the Student Services Division. The post is part-time (25 hours per week).

Salary on the Administrative Grade 1 Scale: £12,828 to £15,186 p.a. (pro-rata). Ref: L169.

For further details contact Personnel Services, quoting appropriate reference, Bowland College, Lancaster University, Bailrigg, Lancaster LA1 4YT. Telephone: 0524 846549 - 24 hour answering service. Applications (5 copies) should be returned to Personnel Services by 8 October 1993.

The University positively welcomes applications from those with a disability and from ethnic minorities who are currently under-represented.

BBC WORLD SERVICE

**Work Experience Opportunities
for People with Disabilities**

BBC World Service is pleased to offer 5 work experience placements for people with disabilities beginning in November 1993. Based in Central London, each placement will last 14-20 weeks. The placements cover a range of different types of work within various programme support departments.

All applicants will need to be numerate and literate, have an interest in broadcasting or administration, and the ability to work as part of a team. In addition, some placements require particular skills, and these are outlined in the information pack.

For an information pack and an application form please contact: Recruitment Office, BBC World Service, Bush House, Strand, London WC2B 4PH Tel: 071-257 2948 quoting ref. 13394/DI.

Application forms to be returned by October 15th.

WORKING FOR EQUALITY OF OPPORTUNITY

38 CLASSIFIED

SERVICES

Adam Price Accessible Vehicles

If you need a vehicle to carry up to five seated passengers and a wheelchair but your budget will not stretch to a new one, contact us.

- * Used accessible vehicles supplied
- * Access conversions to your vehicle
- * Passenger use and access conversions to used vans
- * Realistic prices
- * Any make supplied

Our comprehensive service includes locating a suitable vehicle, processing H.M. Customs & Excise requirements and delivery to your door. Tel: Office (0202) 814112, Mobile (0860) 620793



ARE YOU STUCK UP?

We've got what you want. A full range of stickers and signs specially for disabled people. Call us now. TELEPHONE: 0275 842322 or write: GPSP, PO BOX 25, PORTISHEAD, AVON, BS20 9LG.

Aromatherapy. Therapeutic and complementary. Pamper yourself. Visiting service available, London area. For more information and appointment please contact 081-316 4678/071-538 2035. Fully qualified practitioner ITEC/reg nurse

FIND-A-FRIEND

For Find A Friend ads please send a cheque or postal order for £3 payable to *Disability Now* with your ad. This is to help cover our costs.

WIDOWER, lonely, disabled, early sixties, seeks pleasant company for long-term relationship including homeshare. Living in mid-Wales (estate semi with stair-lift and ramped entrance), nice garden, automatic car - perhaps enough to make another disadvantaged person happy. Box No. 580

39 YEAR OLD MALE WITH MS would like to meet a lady, 30-45 with MS in Greater Manchester area for relationship. Likes driving, eating out, pubs, music and life. Box No. 581

MR KIRKHAM IN AUSTRALIA - Miss M.A. Youatt would like to hear from you, so you can be in contact again. Box No. 582

41 YEAR OLD ASIAN MALE with mild learning disability, who had polio as a child, seeks female aged 30-45, with or without disability, for exchange of letters, possibly leading to lasting friendship. I am interested in art, visiting art galleries

There is a short waiting list for Find-A-Friend ads. Do not worry if your advert is not in immediately. It will probably appear next month.

and socialising. I live in London and would like to hear from someone in London area. Box No. 583

LADY, 30, tetraplegic, has everything, loves animals, seeks male friend for drives, pubs, watching motorsports and cuddles. Must be non-smoker. Box No. 584

GAY GUY, London area, seeks friends for friendship, holidays, etc. I am in my 40s, but age and looks not important. I am able-bodied but partially sighted and not able to drive but use public transport. Don't just sit there, write today and let's get together! Box No. 585

POLIO DISABLED gay man, 62 years old, living alone in SE Cotswolds. Needs a friend. Many general interests. Box No. 586

49 YEAR OLD FEMALE, living in North Wales would like a friend/pen friend, male or female. I have arthritis and cannot walk far. I like reading and knitting. Box No. 587

LONELY LADY, 46, disabled, seeks male: kind, loving, honest, caring, with a sense of humour. London area. Box No. 588

DISABLED GAY GUY wishes to meet or correspond with non-scene guy 21-35, able-bodied or disabled, must have good sense of humour. Box No. 589

GAY GUY slightly disabled but fully mobile, 37, non-smoker, seeks other disabled friends. Own accessible home and car. Into travel, music, swimming, socialising; easy going and open-minded. Box No. 590

SINGLE MAN, 33, non-smoker, teetotaller with own accommodation, seeks lady of similar age for companionship, friendship and understanding (East Anglia/South East). Box No. 591

SEARCHING FOR MR RIGHT to satisfy Mr Sincere. Enjoys food, clubbing, seaside walks on the North Norfolk coast and lots of love. If you are between 25 and 35 then I will write back. Box No. 592

18 YEAR OLD SINGLE BLOKE with cp would like to meet a lady aged 18 to 20. I like writing, fishing, studying computers and snooker. I am cute with dark hair and green eyes, so come on, please get in touch. Box No. 593

WHITE, 26 YEAR OLD MALE seeks black or Asian female of similar age for friendship and fun. I like to go to the cinema, theatre, restaurants, pubs, clubs and to travel around to different places of interest. I would prefer to meet someone from London or the South East. Photograph please. All letters replied to. Box No. 594

JOHN, PHYSICALLY FIT, late forties, interested in books, films and music, undeterred by physical disability, seeks a younger lady for correspondence and friendship. Box No. 595

ATTRACTIVE FEMALE, FORTIES, interested in animals, writing and art. Looking for a friend for coffee and chatting, and getting out and about. Box No. 596

37 YEAR OLD WIDOW, able-bodied, good-looking and finding life a bit lonely, seeks friendship and possible romance. Likes videos, theatre, dining out, swimming, bingo, etc. Box No. 597

GAY FEMALE, 30s, good looking, lives in Northampton, with own flat. Wants to meet attractive, slim, fun-loving gay woman, 25-45, for fun, friendship or possible relationship. Box No. 598

YOUNG MAN, wheelchair user, living in Uganda, seeks pen-pals for correspondence, friendship and sharing ideas. Hobbies include collecting photographs, reading newspapers and magazines and watching television, especially sport. Box No. 599

To reply to a Find-A-Friend, indicate the Box Number and mark the envelope Private and Confidential. If you do not it will be opened. Send to DN, address on page 2.

FRIENDSHIP AGENCIES



For people with disabilities. Be assertive and join Handidate.

The Wellington Centre
52 Chevalier Street
Ipswich, Suffolk IP1 2PB.
Telephone: (0473) 226950

Anybody Any Age Able-bodied or Disabled. Choose Your Own Ideal Relationship. **Mutual Essential Links.**
1 Weir Street, Northwich, Cheshire CW9 5HL. Tel. 0606 49093 (24hrs).

Be My Carer

Disabled Person For Project Worker Post

(18hrs per week)

Unqual. £12,801 - £15,183 pa pro rata
Qual. £15,183 - £21,057 pa (Bar at £20,178) pro rata

This established Project already offers respite care to children with disabilities in Waltham Forest. This new post, to be based in the Project, has been created through funding from the local Joint Consultative Committee. The purpose of the post is to review the process of joint assessment of children with disabilities who need a package of Health, Social and Education Services to meet their care needs.

You will undertake a research programme to look at how the assessment process works currently, and make recommendations for improvement. Where appropriate you will need to be able to be an advocate on behalf of the children and their families involved in the research.

You will need to have an understanding of disability issues faced by children with disabilities and their families, together with an understanding of how the assessment processes work. You will need to be a confident worker with good communication skills who is well organised and able to work creatively and independently. Personal experience of disability is necessary for this post.

Black people and members of other minority ethnic groups are under represented in the London Division and we particularly welcome applications from these groups.

Application forms together with a statement of Barnardo's basis and values and equal opportunity policy are available from: Staff Recruitment, Barnardo's London Division, Tanners Lane, Barkingside, Ilford, Essex. IG6 1QG. Tel: 081 503 9833 (answerphone) Please quote Ref.511. Closing date for completed application forms: 5 November, 1993. (Charity Reg. No. 216250).



Barnardos
LONDON

SECRETARY

Salary: £11,898 - £14,415 pa incl.

SOCIAL SERVICES DEPARTMENT

We are looking for an enthusiastic and friendly person to give secretarial and clerical support to the Access Officer for people with disabilities and to assist two other secretaries with work for this department. The successful applicant will work closely with the Access Officer who deals with issues related to improving access for disabled people who use the streets and buildings in the City.

Applicants should be able to provide word processing (copy and audio) services to a high standard (at least 60 wpm) and will hold relevant certificates. The post-holder is required to deal with telephone calls and enquiries and to undertake some administrative tasks such as taking notes of meetings. A courteous and helpful manner is essential. The ability to take shorthand would be an advantage. Applications from people with disabilities would be particularly welcome, and applicants should be able to demonstrate an understanding of some of the access issues faced by people with disabilities.

The post is based at Milton Court, with easy access to the Barbican Centre facilities and close to Moorgate and Liverpool Street stations and main bus routes. Interest-free season ticket loans are available. Parking for orange badge holders is available. The building has lift access and a wheelchair accessible WC.

An application form and further details are available from the Director of Social Services, Milton Court, Moor Lane, London EC2Y 9BL. Tel: 071-588 4579 (24 hour answerphone).

Closing date: Friday, 29th October 1993.

SERVING THE SQUARE MILE



COURSES

HEREWARD COLLEGE

THE NATIONAL COLLEGE FOR STUDENTS WITH PHYSICAL & SENSORY DISABILITIES



"Hereward changed my life... you get so much help...
....there are so many courses you can do"

GCSEs, 'A' levels, general education, life skills, business studies, art, photography, media, wordprocessing, desktop publishing, computer graphics.

Disabled students aged 16-25 can apply for free residential places starting in September.

HEREWARD COLLEGE OF FURTHER EDUCATION
Bramston Crescent, Tile Hill Lane, Coventry CV4 9SW. Tel: (0203) 461231 Fax: (0203) 694305

For further information contact:

MARILYN WATSON (Admissions Officer)

BARRY MCFADDEN (Manager General Education)

TO ADVERTISE YOUR VACANCIES/COURSES

please contact the Advertisement Manager,
Richard Gresham, Kingslea Press Ltd, 12 Dock
Offices, Surrey Quays Road, London SE16 2XU.
Tel: 071-252 1362. Fax: 071-237 8019.

CROSSWORD ANSWERS

ACROSS: 1. Age Concern
7. Eat 8. Bushel 9. Trevor
10. Lanky 11. Adduce
12. Traveller 16. Ben
17. Broken 18. Emperor
19. Golden
DOWN: 1. Ambulant
2. Essential oil 3. One by
one 4. Ever 5. Nervous
6. Starve 9. Trail
13. Linen 14. Elope
15. Snare 16. Burn 17. Big

NEWS QUIZ ANSWERS

1. Dennis Potter
2. Tottenham Hotspur
3. Argentina 4. Nigel
Short 5. *Much Ado About
Nothing* 6. Michael Jackson
7. Paul McCartney
8. South Africa 9. *The
Times* 10. Cilla Black

THE POWER HOUSE

A unique voluntary project in the East End of London
Charity No. 1023320

Requires two women workers to enable us to set up a refuge
for women with learning difficulties.

The posts are: **Development Worker** to work directly for
women with learning difficulties to further the
development of the project.

Development Worker - Finance to work directly
for women with learning difficulties in securing
funding and managing finances of the project.

The posts are funded by Newham Council and Charity
Projects for 9 months in the first instance at PO2 (£14,792
for 9 months). Section 7.2 (e) S.D.A. applies. We are an
Equal Opportunities Employer.

Job application and details from Cath Roff, Principal Officer
Voluntary Sector, Newham Council, Social Services
Department, 99 The Grove, Stratford, London E15 1HR.
Tel: 081-534 4545 ext. 25043. Closing date: 22 Oct 1993.



**LEEDS
CITY
COUNCIL**

EQUAL OPPORTUNITIES UNIT
EQUAL OPPORTUNITIES OFFICER (DISABILITY)
SCALE SO1 £15,669 TO £16,710

This post is located in the Disability Section of the Equal Opportunities Unit. Working either on your own or as a member of a team, you will be responsible for delivering high quality service development initiatives in partnership with Council Departments and Direct Service Organisations.

We are looking for someone who has:

An in depth understanding of disabled people's equality issues in a Local Authority including the practical access needs of a wide range of disabled people.

Proven experience of working to challenge the oppression of disabled people and achieving change in a bureaucracy.

The ability to work in a flexible, co-operative manner.

A commitment to all equal opportunities issues - in particular those affecting women and black people.

Application forms and further details are available from Leeds City Council, Personnel Officer, Department of Community Benefits and Rights, Civic Hall Annex, Leeds, LS1 1UR.

Details also available in Large Print, Braille and on Tape.

Closing date 29 October 1993.

This post is open to disabled people only.

LEEDS IS AN EQUAL OPPORTUNITIES EMPLOYER

POST SUITABLE FOR JOB SHARING

As you can see, talent is really welcome in Devon

At Devon Social Services, we believe that quality of service and equality of all those involved go hand-in-hand. That's why we're continually striving to extend our equal opportunity policies, and to improve communications and training.

Our aim is to create an atmosphere in which each individual is valued, and your talents are recognised whatever your background or circumstances. After all, as people are our greatest asset, it's only right that we put them first.

We particularly welcome applications from minority ethnic groups and people with disabilities, as they're currently under-represented in the department. Likewise, we encourage more women to apply for the senior positions within Social Services.

We know there's no shortage of potential out there, and Devon can offer the full range of challenges. So try us. Visit us on our stand at the Community Care Careers Convention at Earls Court Park Inn International on 13th and 14th October 1993. Or write to our Social Services Personnel Department at Ivybank, 45 St David's Hill, Exeter EX4 4DN quoting ref. SS.DN.

Keep a lookout for Devon—we have your best interests at heart.



An Equal Opportunities Employer



Deadlines for November issue:
booking by 8 October, camera ready artwork/copy by 12 October.

Disability Now

Yes, I want to support Disability Now with my subscription.
DISABILITY NOW SUBSCRIPTION ORDER FORM

Please tick

Please return to Disability Now,
12 Park Crescent, FREEPOST 17,
London W1E 3HU. Cheques should
be made payable to Disability Now.

NAME
(BLOCK LETTERS PLEASE)

ADDRESS

POST CODE

OFFICE USE ONLY

Individual at home address	One year	£10 <input type="checkbox"/>
	Two years	£19 <input type="checkbox"/>

Organisations/authorities etc	One year	£15 <input type="checkbox"/>
	Two years	£29 <input type="checkbox"/>

Overseas	One year	£20 <input type="checkbox"/>
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Multiple* copies £ One year

I am a disabled person on a low income. Please send me free copies.

I/we enclose a cheque/PO

Please also accept a donation of £..... DN is a non-profit making newspaper.

Please charge my Visa Access
Account Number: _____

Expiry date/.....

Signature

Telephone Access/Visa account number
to: 071-383 4575 (24 hours).

* Multiple copies: 2 copies £24; 3 copies £36; 4 copies £48; 5 copies £60;
6-9 copies £72; 10-50 copies £100; 51-100 copies £125. One year only.

MOTABILITY DRIVERS CAN DRIVE AWAY A PANDA SELECTA AUTOMATICALLY.



Our no deposit offer makes it even easier to drive away an automatic Fiat Panda Selecta.

To start with, there's the electronic continuously variable transmission (ECVT). It automatically selects the right gear from an infinite number of ratios, giving smoother driving, whatever the road conditions. Then there's the fully independent front suspension, and at the rear, Fiat's unique Omega system absorbs potholes and provides better road handling.

That's not all. The Selecta has a Fully Integrated Robotised Engine (FIRE) which has 30% fewer moving parts and achieves up to 54.3 mpg*.

To you and me that means robot-like reliability and lower running costs.

Costs are further reduced by

contract hiring through Motability Finance, as all scheduled servicing and routine maintenance is included. Or of course you can buy outright or Hire Purchase your new Selecta.

Either way you automatically get the Fiat Aftercare package:

FIAT ANTI-PERFORATION WARRANTY



All Pandas come with an 8 year anti-perforation warranty and a 3 year paintwork warranty.

Plus a year's manufacturer's warranty and a year's AA Assurance membership.

To find out more about a car that's big on classic style and small on petrol consumption, call free on 0800 717000 or contact your local dealer.

You'll find a Panda Selecta is the automatic choice.

DESIGNED FOR LIFE

FIAT

*FUEL CONSUMPTION FIGURES AS FOLLOWS: URBAN CYCLE 35.8 MPG, CONSTANT 56 MPH - 53.3 MPG, CONSTANT 75 MPH - 38.7 MPG.

NEW START

Working for people
with disabilities

Back to work for back pain victim

What happens when you slip a disc so badly that you can't walk?

What happened to 18-year-old Justin was that he had to spend three years in pain. The operation he needed was not likely to succeed till he stopped growing.

Dreadful

When he was 21 he had the disc removed by surgery. The dreadful pain down his leg went at once; after three months, he could walk without crutches.

Justin wanted to get back to work. He could not go back to his main job as an electrician; but before his accident he had had a weekend job at an auto supply store. They were happy to take him back part time – but he realized he would have to

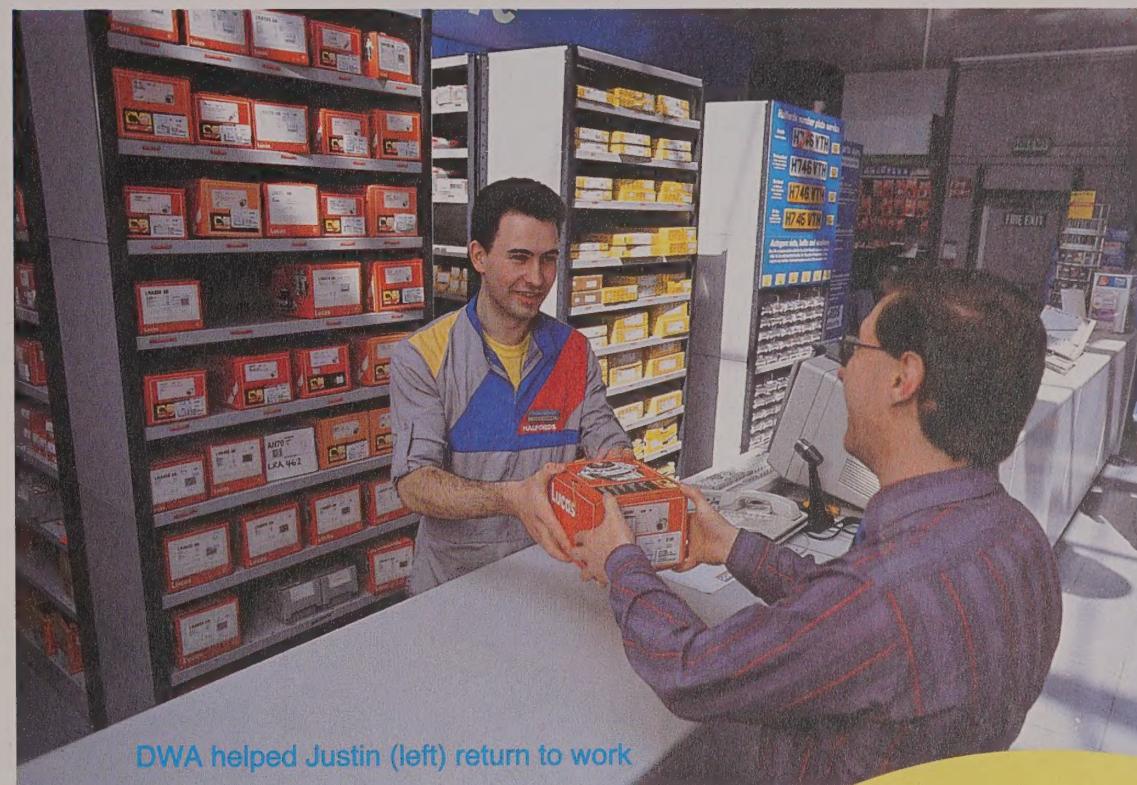
work four or five days a week if he was going to earn as much as he was getting in benefits.

That was when Justin saw an advertisement about Disability Working Allowance. He phoned up for an information pack at once.

Stronger

'I had been working one day a week at first,' says Justin, 'and then, as I got stronger and threw away my walking stick, I increased it to two and then three days.'

'When I was working sixteen hours a week, I became eligible for DWA and made a claim. In a couple of weeks I'd got my first DWA payment. It went very smoothly,



DWA helped Justin (left) return to work

and the DWA people were very helpful.

'Now I'm working full time, and with my wages I'm no longer able to get DWA; but it really helped me ease myself back into work. I'd never

have been able to afford such a gradual introduction to work without it.'

Did You Know?

Whether you are starting work for the first time or returning to work after an illness, working full time or part time, Disability Working Allowance could help while you get new skills and experience, ease yourself into work, and get more out of life. Before applying, check with one of the advisers listed on page 3 that you will be better off by working and getting DWA.

To get DWA you must be getting or have recently been getting a 'qualifying' benefit. These are benefits like Invalidity Benefit, Severe Disablement Allowance, Disability Living Allowance etc. You can find out more from the Benefit Enquiry Line (see back page).

Facts about Disability Working Allowance

Disability Working Allowance is a tax-free Social Security benefit for some people with disabilities who are working 16 hours a week or more.

'What happens if I can't cope?' is a worry many people have about trying a job. Once you are on DWA you will continue to get the same amount for six months, and if you were getting Invalidity Benefit or Severe Disablement Allowance before claiming DWA and you are incapable of work when you leave your job, you will be able to claim your old benefit again if you claim within two years of last receiving it.

It's a big challenge going to work if you have an illness or disability. It can also be a great opportunity. In New Start you'll find these challenges and opportunities dealt with. We hope you find it interesting.

In the past, disabled people have sometimes held back from work

because, by forfeiting various benefits, they could lose out.

Disability Working Allowance is a new benefit designed to tackle this problem.

After all, if you go to work, you certainly shouldn't lose money!

New Start tells you more about DWA and the

possibilities of getting a job.

If your disability is such that any sort of work is out of the question, please do not be offended by the material in New Start. No one is suggesting that you 'should' work – only that if you can, you shouldn't be held back.

Starting to look for work

If you are keen to find work, a good place to start is your local Jobcentre. Special help is available for people with disabilities. Advisers from PACT (Placing, Assessment and Counselling Team) can guide you in your job search, even if you have never worked before. A very useful booklet is available titled 'Make work'. Another leaflet is called 'Jobclub and people with disabilities'. Jobclubs are good sources of advice; and stamps, stationery, newspapers, directories, telephones and photocopiers are all free.

Here are some general tips on looking for a job

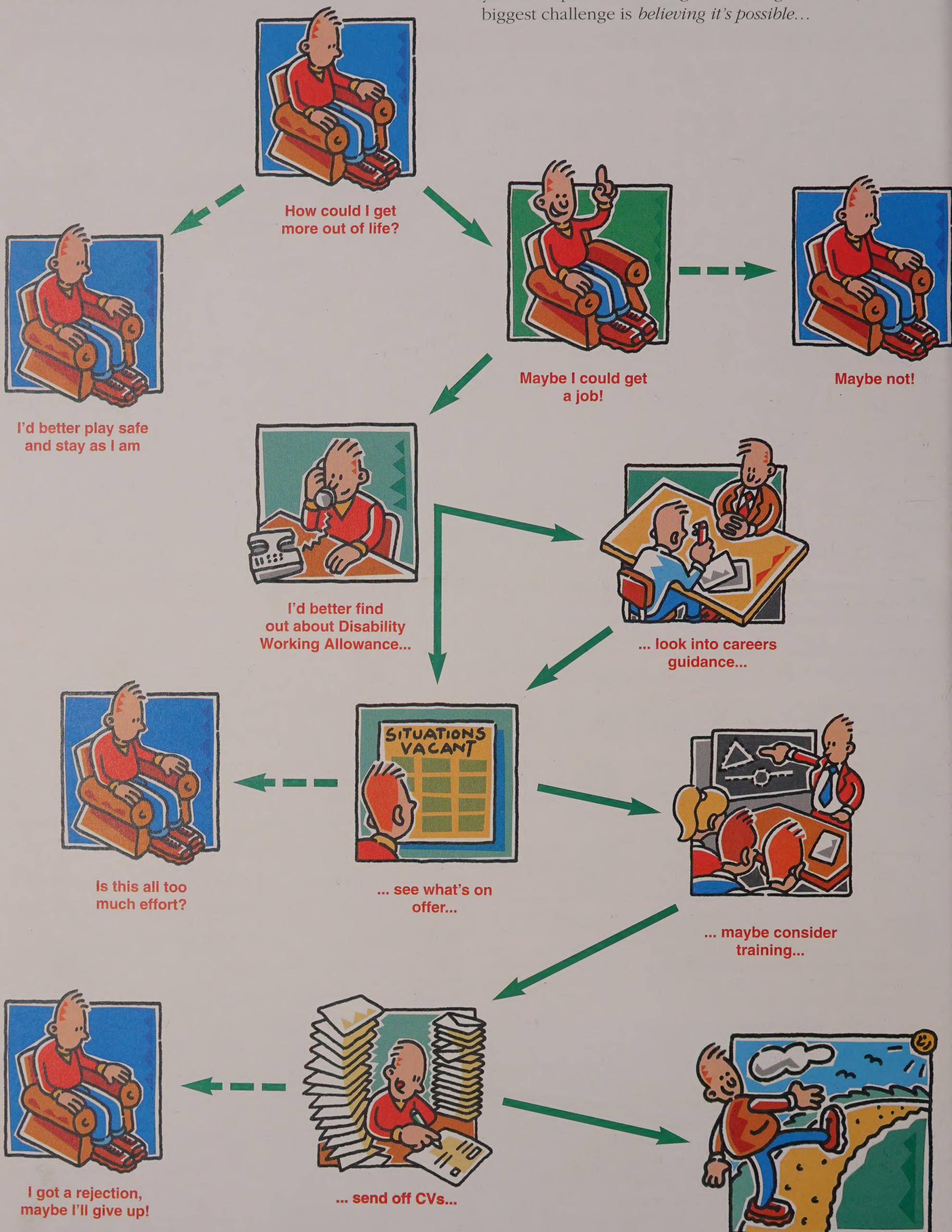
Think positive. It's going to be daunting if you haven't worked for a long time but remember, you've nothing to lose by asking. The more jobs you apply for, the better and quicker you will succeed.

Draw up a list of all your qualities and all the things you are good at doing. Apart from giving you confidence this will help you write letters enquiring after jobs, and may well guide you towards the jobs most fitted to your skills.

Look in your local paper to see what's available. Try employment agencies too – but check they take their fee from the employer, not from you! Don't be afraid to approach direct any companies that appeal to you, even if they are not advertising for jobs at the time. Phone and get the name of the Personnel Officer.

Charting your course...

It's a big step, finding a job when you have a disability, whether you have worked before or not. The thought of changing your lifestyle can seem very unsettling. If you want to give it a try, there's a lot to consider. Take it at your own pace and don't get discouraged. Often, the biggest challenge is *believing it's possible...*



The future starts here

Kim packs them in

Kim is working at Sainsbury's 16 hours a week – her first job since leaving school. Previously she was getting Severe Disablement Allowance.

Kim's training manager, Barbara Flaherty, had her doubts at first:

'My job involves training people from being new starters to existing staff who

need to be trained in other departments,' explains Barbara. 'I was quite apprehensive when I first heard about employing people with learning difficulties, but my attitude has altered dramatically since meeting Kim.'

Impressed

'I've been really impressed



by how enthusiastic she is – she was so pleased to get the job. But we're not giving charity work. Kim fulfils just what we need from our staff.'

'This is Kim's first paid employment, and like any first job it's naturally very daunting, which means making sure there's always someone there to help the new person through. We treat Kim the same as any new starter – she's well looked after but we don't bend the rules for her.'

Apprehensive

'Because I was so apprehensive to start with, I was really pleasantly surprised how well she's coped. She works hard, puts the hours in, she's always on time, she chats with customers, gets on well with staff ... Kim can do the job as well as any other staff we have.'

'If someone like Kim is given a chance their enthusiasm takes over and they can



Barbara Flaherty makes sure Kim is well looked after.

'Like any first job it's very daunting'

better off than she was before she worked.

Here as so often, DWA has been the stimulus to show employers that people with temporary or permanent disabilities can survive and thrive in a work environment.

Did You Know?

More facts

The amount of DWA you can get depends on the size of your family and how much money you and your partner, if you have one, have coming in each week.

Single people can get up to £43.95 per week DWA. Couples or lone parents can get up to £60.95. Added to this are amounts for children, ranging from £10.75 to £31.00 per child, depending on age.

DWA is for people who have an illness or disability that puts them at a disadvantage in getting a job. This could be mental or physical – such as confusion, anxiety, phobias, depression; exhaustion, pain; problems with seeing, hearing, communicating, using your hands or getting around.

Your claim will be dealt with fast – normally within two weeks.

What about training?

If you're not up to work at the moment but would like to explore the possibility, there are various types of training available, from general educational courses (such as evening classes) to specific skills training. For further information, contact your local council or Jobcentre.

Not for everyone – but is it for you?

DWA is the first attempt in this country to meet the needs of people who have only a limited capacity to work – who have an illness or disability that puts them at a disadvantage in getting a job.

But DWA is not for everyone who is disabled. It's a tool that gives some people the opportunity to see how they get on at work, without losing out financially.

The most important questions are:

Are you able to work?

Can you find employment?

Will you be better off as a result?

To help you answer these and other questions – such as DWA for the self-employed – you can call the Benefits Enquiry Line on 0800 882200, or contact one of the following:

- **Advisers in the voluntary support group connected with your disability**
- **Your local Social Security office**
- **Your local Jobcentre**
- **Citizens Advice Bureau**

Checklist

Yes No

Will you be working 16 hours a week or more on average?

✓

Do you have an illness or disability that puts you at a disadvantage in getting a job?

✓

Do you receive (or have you recently received) a 'qualifying' benefit, like Invalidity Benefit, Severe Disablement Allowance or Disability Living Allowance?

✓

Do you have £16,000 or less in savings?

✓

IF YOU CAN ANSWER YES TO ALL THESE QUESTIONS YOU MAY BE ABLE TO GET DWA WHEN YOU START WORK.

General Social Security advice lines in other languages:

Urdu: 0800 289 188

Chinese: 0800 252 451

Welsh: 0800 289 011

Hindi: 0800 521 360

Find out more on these numbers:

For an information pack: 0800 100 123

Hearing difficulties: 0800 243 355

Information on tape,

in large print or braille: 0800 100 123

Tape for people with learning difficulties: 0800 444 277

Benefits Enquiry Line for people with disabilities: 0800 882 200

Overcoming problems at the workplace

You may find the biggest problem when thinking about work is your worries about the difficulties you may face – on your own account or in the attitudes of your workmates.

Here are some of typical problems that face people...

The problem:

Debbie, who uses a wheelchair, started a clerical job and found that access was no trouble – except for one thing. When she went to the loo, the door opened inwards, so she had to leave the loo door open, which was very embarrassing

The solution:

Debbie plucked up courage and told her new manager. The next day he had arranged for the door to be re-hung. Debbie said 'I worried I might be seen as a nuisance but he assured me it was no trouble at all. As usual it seemed a big problem before it was solved

and a very small one afterwards!'

The problem:

Stephen has suffered from attacks of severe depression for some years and he did not want to tell his new employers about the problem. Setting up support in his workplace was not practical, as he did not want his colleagues to have doubts about his mental health.

The solution:

Steve made sure he had a strong support group outside the workplace, with people he could phone whenever he needed. Knowing that whenever he felt stressed, anxious or depressed there were people he could turn to, Steve was able to face work with confidence.

The problem:

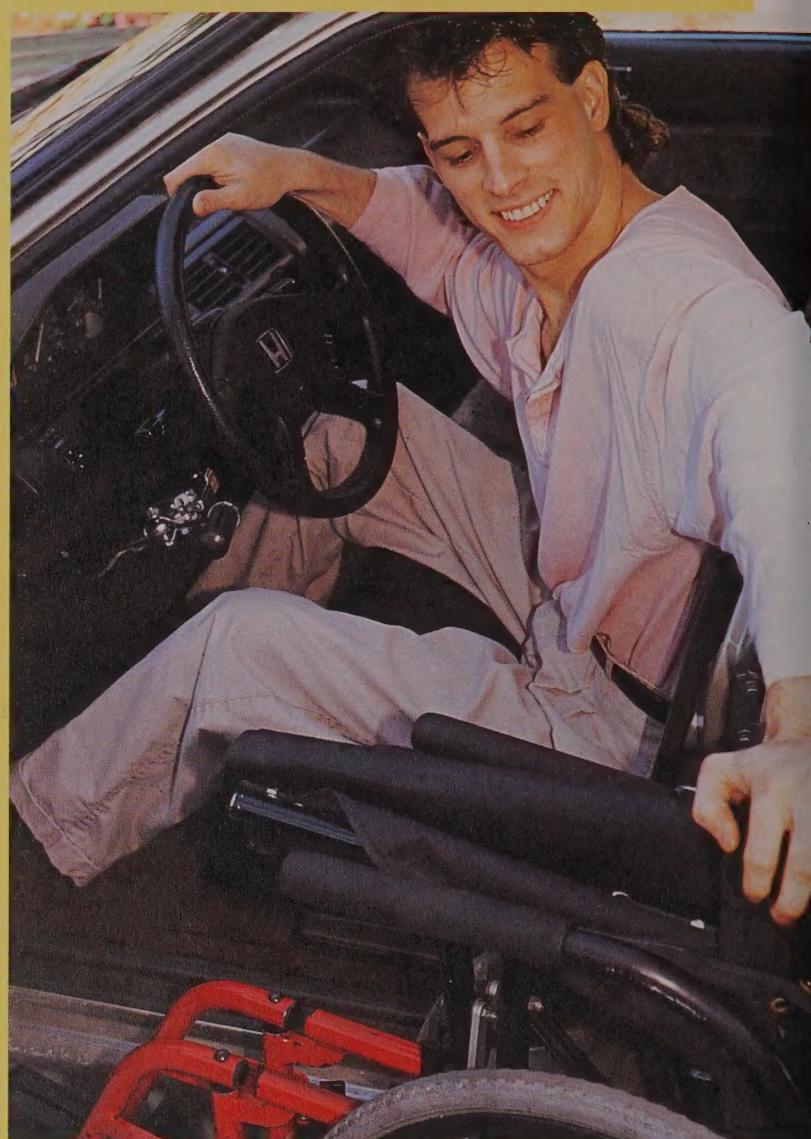
Bernadette, who has to be helped in and out of her wheelchair from the car,

found there was no shortage of people willing to help. But she felt threatened by the way some people did it. They didn't seem to realize they were offending her dignity.

The solution:

When Bernie told her boss, he arranged for the personnel manager to explain to the staff that lifting in and out of wheelchairs needed training, and a small group of colleagues was trained to be the regular helpers.

Finally, remember to check the fire regulations at your workplace. If you are partly or wholly deaf or blind, or have any problems with mobility, it is vital that there is always someone at hand whose responsibility it is to look after your safety when the fire alarm goes off. This is particularly important if you usually rely on a lift, since it is not safe to use lifts if there is a fire alert.



Getting to work and back is just one of the challenges awaiting the disabled 'returner'

Which benefit?

If you have any questions about DWA or any other benefit, you can phone the Benefit Enquiry Line (BEL) free on 0800 882200.

BEL is a confidential tele-

phone advice line which gives general advice and information about Social Security Benefits to people with disabilities, their carers and representatives. BEL can also give general advice on local authority benefits, Social Services,

charities and support groups.

When you phone BEL you will get through to one of sixty advisers who are trained to find out what your circumstances are and signpost your best probable option. This may be DWA or some other benefit.

They are also happy to work out, on the information you provide, roughly how much you would be likely to receive.

The Benefit Enquiry Line is managed by Shelagh Iwanowicz. Shelagh says, 'BEL can also send out leaflets and claim packs for DWA or any other Social Security benefit. Where a customer has difficulty with the form, BEL can offer help

to fill in the form over the phone. A specially trained person will then phone back and work through the form step by step and complete it for the customer.'

For customers who are blind or partially sighted, the completed claim pack can be provided in braille or large print.

For customers who wish to use the Forms Completion Service, there is a separate Freephone number: 0800 441 144.

Cathy Webster is a Customer Services Officer. We asked her what advantages she thought DWA offered.

'Its strength is that it provides a safety net,' says Cathy. 'If you've been on a long-term sickness benefit for a long time, it's quite unnerving to give it up and start work.'

DWA makes it possible to explore how much work you

want to do – it overcomes the "all or nothing" dilemma.

'And as an extra safety net, if you give up Invalidity Benefit or Severe Disablement Allowance and go on DWA, and then within two years you find you can't cope with work after all, you can usually go back to the benefit you were receiving before you claimed DWA. We'll be happy to give you further details.'

BEL is open from 9am to 4.30pm Monday to Friday.

Their free numbers are:

Main enquiry line:

0800 882200

Claim form completion service:

0800 441144

For users of text phones:

0800 243355



Was this your own copy of NEW START? If it wasn't and you'd like to receive future editions, please complete this form, put it in an envelope and send it to the following FREEPOST address – no stamp needed:

To: Disability Working Allowance, FREEPOST (BS4 335), Bristol BS1 3YX

Trained advisers can answer your questions on benefits for the disabled.

Please tick one of the following boxes:

If this copy was not addressed to you personally and you would like to receive future issues, please tick here

If you do NOT wish to receive further issues please tick here

Name

Address

Signature

D W A Z



Postcode

Date